

*Handwritten notes at the top of the page, including "The 1859" and other illegible text.*

*Shoreland Walling  
Shoreland Walling*

Surgeon General's Office

**LIBRARY**

ANNEX *Section, Shelf,*

No. *66459*

PRESENTED BY  
*Sgt G. Smythe Baldwin*  
*Moiss.*

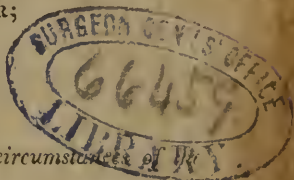
*Handwritten notes at the bottom of the page, including "1859" and other illegible text.*

**SHELTON'S**  
**AMERICAN MEDICINE;**  
**OR**  
**IMPROVEMENT**  
**IN UNITING HIS**  
**NEW STEAM SYSTEM,**  
**AND THE**  
**OLD PRACTICE OF MEDICINE:**

IN WHICH DOCTORS' TERMS ARE EXPLAINED, AND THE COMPLAINTS  
OF MEN, WOMEN AND CHILDREN, ARE TREATED OF  
IN A SATISFACTORY MANNER;

**AND**  
**REMEDIES**

*Suited to all Climates, Constitutions and circumstances of  
American People.*



THE VALUABLE PRACTICE AND PREPARATIONS OF DR. ISAAC WRIGHT,  
OF TENNESSEE, ARE FULLY DEVELOPED IN THIS WORK.

IT ALSO CONTAINS  
A PLAIN DESCRIPTION OF THE WHOLE HUMAN FRAME:  
WITH GENERAL RULES

*For preserving Health without the use of Medicines; and a choice  
collection of Roots and Plants, not explained in any other  
Book. And the Practice is made perfectly safe, simple  
and convenient to all capacities, with but  
little expense.*

Let us not oppose new things, because we are not the author, nor be-  
fore we are prepared to judge of their merits.

*Printed at the Office of Henderson & Johnston,*  
**MADISONVILLE, TENN.**

.....  
**WM. HARVEY, Printer.**  
**1834:**

*District of East Tennessee:*

Be it remembered that on the 21st day of October, 1834, Doctor Azariah Shelton, hath deposited in this office, the Title of a Book, in the words and figures following, to wit:

"Shelton's American Medicine, or Improvement in uniting his new Steam System, and the 'Old Practice of Medicine,' in which Doctors' terms are explained, and the Complaints of Men Women and Children, are treated of in a satisfactory manner and remedies suited to all Climates, Constitutions and Circumstances of the American People," the right of which he claims as Author, in conformity with an act of Congress, entitled an act to amend the several acts respecting copy-rights.

WM. C. MYNATT,

*Clerk of the District of East Tennessee.*

*District of East Tennessee:*

I, William C. Mynatt, Clerk of the District Court of the United States, for the District of East Tennessee, do hereby certify that the foregoing copy of Azariah Shelton's Copy-right to the Book therein named is truly copied from the records of this office.

Given under my hand and seal at office in Knoxville this 21st day of October 1834.

WM. C. MYNATT,

CLERK.

ERRORS (ERRATA) IN PRINTING.

- Page 49, instead of obstructing, read, abstracting.  
52, instead of nimble, read, much.  
66, in the bottom line, the word fairly is omitted.  
78, instead of Hysterica, read, Hysteria.  
80, instead of Hemorrhagin, read, Hemorrhagia.  
88, instead of Quereus, read, Quercus.  
236, give No. 1, instead of No. 2, in Inflammation of the lungs.  
325, give No. 2, instead of No. 1, to empty the bowels.



# INDEX.

Anatomy, - - - - -	page 1	Bursten or ruptures, - - -	361
Air, - - - - -	53	Blood letting, - - - - -	377
Arteries, - - - - -	24	Bruises, wounds, &c., - - -	398
Anger, - - - - -	67	CLOTHING, &c., - - - - -	49
American (Ipecacuanha,) - -	83	Cooking, sauces &c., - - -	47
Angelica, - - - - -	92	Cucumber tree, - - - - -	77
Alum Root geraneura - - -	100	Columbo American, - - - -	85
Alder black, - - - - -	106	Cinquefoil or sinkfield, - -	86
Ash white, - - - - -	114	Comfrey, - - - - -	101
Ash prickly, - - - - -	137	Chesnut, - - - - -	107
Aspen poplar, - - - - -	141	China tree, - - - - -	124
American senna, - - - - -	143	Camomile, - - - - -	136
Anise, - - - - -	150	Cherry tree, wild - - - - -	141
Assafœdita plant, - - - -	152	Charcoal of wood, - - - - -	147
Aloe or aloes, - - - - -	153	Camphor tree, - - - - -	151
Ague and fever, - - - - -	316	Clove tree, - - - - -	155
Apoplexy, - - - - -	363	Catechu, (katakeu,) - - -	157
After-pains, - - - - -	342	Cream of tartar, - - - - -	158
BONES of the face, - - - -	3	Colds, - - - - -	175
Bones of the body & limbs, -	6	Colic, - - - - -	189
Breasts, joints & gristle, 29 &	30	Clap, - - - - -	247
Birthplace, entrance of - -	32	Canine madness, - - - - -	274
Black haw, - - - - -	86	Cramp, - - - - -	278
Burdock, - - - - -	88	Choaked, - - - - -	290
Butterfly weed, - - - - -	98	Cold water drank when warm,	291
Balm of gilead, - - - - -	95	Consumption, - - - - -	294
Bamboo brier, - - - - -	104	Child-bed fever, - - - - -	345
Bull weed, - - - - -	104	Colic of infants, - - - - -	351
Black snake root, - - - -	113	Cholera Infantum, - - - -	353
Bennè, or flux weed, - - -	114	Cholera, - - - - -	378
Bubby root, - - - - -	121	Caustic, or wet-fire, - - -	391
Balsam of fir, - - - - -	127	DRINKS, water, &c., - - -	42
Boneset, - - - - -	142	Dew-berry and black-berry brier,	75
Blood wort, - - - - -	144	Dog fennel, - - - - -	151
Balm, - - - - -	144	Dropsy, - - - - -	198
Black, or culver's root, - -	148	Diabetes, - - - - -	372
Button or clap weed, - - -	149	Dental surgery, - - - - -	388
Balsam copaiva, - - - - -	157	Dislocations, - - - - -	400
Burns and scalds, - - - -	293	EXERCISE, - - - - -	55
Bilious fever, - - - - -	307	Elm bark, - - - - -	81
Breasts, diseases of - - - -	343	Elecampane, - - - - -	102
Bowel complaints of children,	352	Ear-ache, - - - - -	286
Blood, discharges of - - - -	360	Epilepsy, - - - - -	361
Bleeding from the nose, - -	360	FOOD, &c., - - - - -	34
from the stomach, - - -	360	Female generation, organs of	39
from urinary organs, - -	360	Fear, - - - - -	64

Flux weed, - - -	115	Itch, - - -	285
Flax, - - -	145	JOY, - - -	63
Flux, or dysentery - -	239	Jealousy, - - -	69
Frost bites, - - -	293	Jamestown weed, - -	89
Fevers, - - -	307	Jerusalem oak, - - -	96
Female diseases, - - -	320	Juniper, common, - -	129
Flooding, - - -	326	Jaundice, - - -	186
Fractures, & Dislocations, [	400	KINGS EVIL, - - -	196
GRIEF, - - -	71	LOVE, - - -	66
Glands, - - -	3	Lynn tree, - - -	103
Ginseng, - - -	123	Liquorice, - - -	139
Garlick, - - -	137	Liver complaint, - -	213
Gentian, - - -	146	Lax of the bowels, - -	243
Ginger, - - -	154	Labor, natural - - -	336
Gravel, - - -	269	MUSCLES & SINEWS, -	21
Gout, - - -	272	Mouth, inside of - -	23
HEALTH, art of preserving	33	Materials of medicine, -	75
Hickory bark, - - -	76	May apple, - - -	118
Hope, - - -	62	Mustard, black and white	140
Horse mint, - - -	78	Mother wort, - - -	143
Horse radish, - - -	96	Mezereon, - - -	146
Heart leaves, - - -	98	Myrrh, - - -	152
Hop, or hops, - - -	125	Musk, - - -	159
Hyssop, - - -	135	Magnesium, - - -	164
Hoar hound, - - -	139	Milk-sick, - - -	201
Hartshorn, - - -	160	Measles, - - -	203
Hooping cough, - - -	207	Mumps, - - -	205
Head-ache, - - -	222	Monthly courses, - -	321
Heart-burn - - -	289	Menses, cessation of -	328
Hives, or croup, - - -	354	Miscarriage, & abortion, -	333
INWARD parts of the body, -	12	Milk-fever, - - -	343
Iron weed, - - -	88	NERVES, - - -	22
Indian turnip - - -	98	Never wet, - - -	150
Ivy, or calico tree, - -	101	No. 1, for cleansing the stom-	
Indian tobacco, or lobelia,	160	ach, - - -	165
Iron filings, - - -	163	No. 2, to empty the bowels,	166
Imported Ipecuanha, - -	163	No. 3, for sweating. - -	170
Inflammation of the brain,	209	No. 4, for stimulating, -	171
of the stomach, - - -	210	No. 5, to give tone & strength,	172
of the bowels, - - -	211	Nettle rash, - - -	280
of the liver, - - -	212	Nervous fever, - - -	313
of the bladder, - - -	232	OAK BARK, - - -	88
of the kidneys, - - -	234	PERUVIAN BARK, - - -	76
of the milt, - - -	235	Peppermint, - - -	77
of the lungs, - - -	236	Peach tree, - - -	81
pleura & diaphragm, -	265	Pine, - - -	82
Indigestion, or dyspepsia	216	Poke weed, - - -	87
Intoxication, - - -	276	punkin, or Pumkin, - -	92

Potatoe wild, - - -	97	Sweet fennel, - - -	139
Poplar yellow, - - -	99	Seven bark. - - -	140
Plantain, - - -	114	Sampson snake root, - - -	145
Pennyroyal, - - -	115	Silk or milk weed, - - -	149
Pink root, - - -	116	Sumach, - - -	78
Poppy & making opium, - - -	129	Salt petre, - - -	162
Pearl ashes, - - -	150	Sugar of lead. - - -	163
Pepper, extract of, - - -	156	St. Anthony's fire, - - -	237
Prepared chalk, - - -	164	Snake bites, - - -	273
Pleurisy, - - -	183	Spider bites, - - -	274
Puking and Purging, - - -	193	Sulphur taken in excess, - - -	280
Phthisic or Asthma, - - -	229	Scald head, - - -	281
Pox, or syphilis - - -	257	Sore eyes, - - -	287
Poisons taken in the stomach, - - -	277	Suppression of the menses, - - -	323
Piles, - - -	266	Signs of pergnancy, - - -	330
Palsy, - - -	283	Sore nipples, - - -	341
Putrid sore throat, - - -	366	Swelled leg, - - -	345
Pain of the face, - - -	357	Still born children, - - -	349
QUININE, - - -	155	Stopt nose, or snufflos, - - -	350
Quicksilver, - - -	161	Sore breast, - - -	350
Quinsy, - - -	365	Sore eyes, - - -	351
RULES for health, - - -	47	Scarlet fever, - - -	368
Red Root, - - -	79	Stuttering or stamering, - - -	395
Rush, - - -	91	Small pox, - - -	396
Red pepper, - - -	103	TANSEY, - - -	105
Rue, - - -	105	Tobacco, - - -	126
Rosin weed, - - -	108	Tartaric acid, - - -	159
Rattle weed, - - -	120	Table salt, ( <i>muriate of soda</i> ) - - -	162
Rhubarb root, - - -	128	Tartar emetic, - - -	163
Red cedar, - - -	135	Tetter worm - - -	288
Rheumatism, - - -	178	Tooth-ache, - - -	288
Ring worm, - - -	282	Thrush, - - -	350
Red gum, - - -	351	Tonic or black medicine, - - -	393
SLEEP, - - -	58	VEINS & thoracic duct, 25 & 26	
Spear mint, - - -	78	Vervain, - - -	113
Spruce pine, - - -	83	Valerean, - - -	144
Sycamore, - - -	86	Venereal - - -	247
Sassafras, - - -	87	WHITE WALNUT, - - -	80
Spikenard, - - -	94	Worm wood, or mugwort, - - -	135
Star root, - - -	100	White swellings, - - -	301
Sweet gum, - - -	107	Warts and corns, - - -	306
Seneca snake root, - - -	109	Whitlows, - - -	306
Snuff or sneeze wood, - - -	117	Whites, - - -	321
Spice wood, - - -	119	Worms, - - -	356
Smart weed, - - -	120	Women, cleansing after labor, - - -	341
Sarsaparilla, - - -	122	YARD WEED, - - -	81
Saffron, - - -	129	Yarrow, - - -	136
Sage, - - -	136	Yellow Gum, - - -	350
		Yellow fever, - - -	372

## INTRODUCTION.

---

If the author had not believed that this work contained something New, and different from the *common practice*, he would not have published it. The work is not embellished with *plates, dashes* and great spaces between chapters, &c., merely to enlarge the size of the book and make a fine show: But if you look carefully over it, you will see that in a plain and neat manner it contains more *real substantially* useful matter in 400 pages, than any other work of this kind does in 6, or 800. It was intended expressly for the benefit of families and persons unacquainted with medical subjects, but from the great number of *respectable* physicians of my acquaintance who approve of, and take the work, I am induced to think it will be very useful to young men of the profession. Altho' my practice in many instances differs widely from the *common course*, yet I wish it *distinctly* understood that it is merely an *honest difference of opinion*, without the least *personal allusions* on earth.

Then, if this little book should prove useful to the public, (of which I have no doubt,) the labors of the writer will be compensated, and his highest expectations and warmest wishes fully gratified; and every physician of *benevolent, republic, or christian-like* spirit will say *Amen*, to its success!

The explanation of *medical terms* and the particularity with which the doses of medicine are prescribed in all complaints throughout this book, entirely supersede the necessity of any thing like a table of doses or a glossary.



## REMARKS ON THE AUTHOR'S LIFE.

When a book of this kind is brought before the public, every intelligent reader will naturally and justly enquire, by whom it is written? The Author is not vain enough to think for a moment that his life would deeply interest the public; but it will be satisfactory at least, to some, briefly to give his place of nativity, the outlines of his education &c.

In 1795 he was born in the State of Virginia, of very *honest* and *pious* parents, who emigrated to East Tennessee, at the early settling of that country. His father a few years after, (who was a member of the *presbyterian* church,) died in the faith, with the most joyful expressions of a future hope! leaving a widowed mother of many children, (who has now been in the *baptist* church for more than thirty years) who from many misfortunes and afflictions in the family had but little left for the support, or education of her offspring.

However the author resolved, by his own industry and exertions to give himself a liberal education; for this purpose, he put himself under the tuition of that *conspicuous* teacher the Rev. Isaac Anderson (now Doctor of Divinity,) and *President* of "the Eastern & Western Theological Seminary," and with him and the Rev. A. S. Morrison another fine teacher, he completed his education: And spent several happy years in the society of those *truly pious*, much refined, and hospitable people of Blount Co. Tennessee, among whom he was appointed Clerk of one of the *Superior Courts*. Which appointment and other circumstances induced him to study and obtain a respectable law license: But having a predelection for the sciences of medicine, and having previously made some advances in them, he again resumed and completed the study, with a highly respectable gentleman Dr. Caldwell. About the time he embarked in the business of his profession, he became acquainted with the *excentric*, but skillful and

self-made Dr. Isaac Wright of Tenn. whose daughter he married and then practised with the old gentleman a year, or two, during which time the author perfectly learnt and noted down all his peculiar preparations and practice of medicine. Since which time he has had a very extensive experience in the practice of most of the diseases laid down in his book: And has travelled over a great part of all the western States & Territories, also, over some of the Middle & Eastern countries, and visited several of the best Institutions and hospitals in the United States; always, strictly observing the influence of the various climates, temperatures, waters &c., on the different constitutions of the inhabitants of America. At the same time sparing no pains to make himself acquainted with all the useful *medicinal* plants; the various diseases, and most respectable medical men of those countries.

He has made himself well acquainted with the art of making, inserting & dressing Teeth from the best authorities and lectures of the most eminent *Dentists* in the U. States: and has also minutely examined every thing pertaining to the *Thomsonian Steam System*.

The author will just observe that as to *descent*, he is half French and half Irish, and is now a citizen of Jacksonville, Benton Co., Alabama.

The author had almost forgotten to mention that he served a *tour* of eight months, militia service, in the Creek war, and was honorably discharged, without being *killed*, or killing any body himself, during the time. With the above remarks, and under these circumstances, this work is presented to a *brave*, liberal and enlightened American People.



# ANATOMY.

## PART I. CHAPTER I.—*1 Description of the Human Frame.*

In a compend of this kind, it will not be expected by the intelligent reader, that the author would enter into a very minute and extensive treatise on Anatomy. But merely in a plain and concise manner, give the outlines of the whole human system.

It is obvious to all, that a small knowledge at least, of the structure and nature of the human system, is not only very satisfactory, but also necessarily useful.

It is not rational to suppose that, a person wholly ignorant of the internal formation of the human frame, should as well understand the nature of internal diseases, as one of better information on the subject. We are well aware that some practitioners argue that such information is unnecessary. We are not disposed to deny that some men may practice with success in many cases with but little Anatomical knowledge; for experience, in the practice of medicine, will do much.

But as this work is designed for the mass of people, and not limited to the use of any in particular, there will be hundreds pleased and benefitted by this part of the work; while others will either read it, or let it alone, as their feelings may dictate. Heads of families, or any others who practice under the directions of this book, would certainly afford much pleasure, and great satisfaction to the afflicted and their friends, when administering medicine, to be able to tell them where their disease lay, whether in the stomach, (stomachus) liver, (hepar) milt, (spleen) or any other internal organ, (viscus) or on being called on to put-in-place, (reduce) a dislocated joint, the shape of which he was altogether ignorant, how would he operate? How would he know which way to force the head of the bone, so as to throw

it most easily, into the cavity again? Admit that experience does a great deal for the practitioner; who of us would like to wait for experiments to be made on us when lying in extreme agony, with a broken limb, or a dislocated joint, when a knowledge of what is laid down in this book will supersede the necessity of those experiments, and enable almost any person, male or female, promptly to relieve their distressed family, or neighbors?

And to be more serious, it appears evident from the very circumstance, of the Great Author of Nature having formed man after His own likeness, that the structure of man must be the most noble, ingeniously complicated, and beautiful display of all His Divine Wisdom! Consequently, how delightful this study. Let the Atheist shrink from his thoughts when he sees this grand machine dissected! as did the great Galen, who from examining the curious structure of the human system became converted, and ever after walked in the path of the most humble and devoted christian!

Hear the exclamations of the great Psalmist: "We are fearfully and wonderfully made," on examining the human structure! and others, and then reflect for a moment whether such a wonderful piece of mechanism is not very interesting and worth having a knowledge of; whether we intend administering medicine or not.

It is most common for anatomists to begin first with a description of the bones. But as I have designed this work for all classes of people, I have paid but little regard to the old formalities of other writers, and have chalked out the plan which will, as I believe, be most plain and interesting to such readers as are disposed to do justice to the true merits and utility, and not to the mere form of a book.

Before entering on a description of the several parts of the human system, it is thought proper to lay down the general divisions. Which are as follow:

1. The head, (cranium.)
2. The body, (trunk.)

3. The legs feet and hands, (upper and lower extremities.)

SUBDIVISIONS.—The body, (trunk) is divided into two cavities :

1. The breast, (Chest or thorax.)

2. The belly, (abdomen.)

The breast (thorax) and belly (abdomen) are separated by a membrane or stripping, called the diaphragm or midriff, which will be described in its proper place. Here the several glands of the system, and their situation and offices are mentioned.

1. Mucous glands are situated in the nose, and intestines, or bowels, and all the internal parts of the body that require moisture ; and secrete or separate the slimy matter from the other fluids of the system, and throw it into these parts.

2. Sebacious (pronounced seba-shus) glands, they are in the face, arm-pits, and secrete or send out an oily substance.

3. Lymphatic glands. They are also in the arm-pits and other parts of the body. Their office seems to be to change a fluid called lymph, as it passes through them.

4. Salival glands are about the corner of the jaw and root of the tongue, and secrete or cause a discharge of the spittle, (saliva) whence they derive their name.

This spittle (saliva) is thrown in great abundance into the mouth while eating, which assists swallowing (deglutition), and also digestion.

5. Lacrymal glands are placed a little above the outer corner of the eyes. Through them pass the tears and watery substance of the eyes.

The cranium is now taken into view, and plainly described according to its several divisions.

### SKULL—(CRANIUM.)

The skull (cranium) contains the eight following bones: One in the

Forehead, (os frontis.)

Two Ossa temporalia, (bones of the temples.)

Two Ossa parietalia, (walls or sides.)

One Os ethmoides, (full of holes.)

One Os spenoides, (wedge-like form.)

One Os occipitis, (back of the head.)

The os frontis is nothing more than simply the forehead, reaching from its upper edge downwards, so as to include the upper part of the eye-sockets, and backwards on each side so as to join the temples.

The ossa temporalia are the two temple bones, and join the bones of the face, the parietal bones, and the forehead.

The os ethmoides is inside of the head, and is a very curious bone indeed, more so than any other in the description of the human frame, (Anatomy). It is very light and spongy, and is somewhat of a cubical shape. It also has the appearance of net-work, and lies in a very singular situation inside of the forehead, (os frontis.)

Os spenoides is something like a bat spreading across the inside of the head, and is the very basis of the skull, and attaches itself to fourteen other bones.

The os occipitis is the hind part of the head, and joins the neck bone; it is very thick but uneven. It transmits or lets pass the marrow of the neck and back, (spinal marrow), and supports the hind part of the brain.

All the preceding bones are joined together by seams, or sutures (from sub, to join together); at the joinings of the bones they each have very much the appearance of saw-teeth, but some are much more firmly united than others. I have frequently seen them in old hard skulls, so strongly joined that the indented corners would break in separating them; others are much less so.

The coronal suture (because the ancients wore garlands on that part of the head) joins the wall bones (or parietal bones) to the forehead, and extends from one ear to the other across the head.

The Lambdoidal suture or seam (Lamda Greek let-



ter A) runs from behind one ear to the other, in a kind of an arch, somewhat resembling the shape of the letter A. It joins the side or wall bones (parietal bones) to the os occipital bone.

The sagittal suture (like a narrow seam) joins the parietal bones to each other; and runs length-ways on the head, from the forehead to the os occipital or hind part of the head.

Temporal or squamous sutures (seams of the temples or scaly sutures) join the parietal, occipital, temporal and forehead.

The sphenoidal and ethmoidal sutures surround the irregular edges of these two bones.

The transverse suture (meaning across or around) is running across the face and sinks into the orbits of the eyes.

The zygomatic suture (zigoma a yoke) joins the temple bone, to part of the cheek bone.

The face is next in order, which comprehends a great many small bones. The face has six bones on each side, and they all have sutures similar to those of the skull, only smaller.

The nose bones (ossa nasi) are the two bones which form the nose, and meet together by two thin edges, without any indentations.

The upper jaw-bones (ossa maxillaria superiora) are very curious; they are very large and form the basis of the face. Their great branches upwards form the sides of the nose, and they send backward a great plate that makes the roof of the mouth. A circular projection below makes the sockets for the teeth. They are hollow, which cavity will hold near an ounce of fluid.

The vomer (a plough-share) completes the nose.

The cheek bone (os malæ) is the high square bone that forms the cheek.

The lower jaw-bone (os maxillæ inferioris) takes its name from its likeness to a horse-shoe. The shape of this bone is so easily examined that it needs no description. It has but two joints; those under each ear. At

the chin it is more easily severed than any other place.

We now come to speak of the spine, (the whole back bone.) This long line of bones has twenty bones or joints, called vertebra from the Latin *vertere*, to turn. This set of vertebra includes the whole, from the back of the head down to the end of the body. The neck part, has seven joints, (vertebra) the back twelve, and the loins five, making in all twenty-four vertebra, or separate bones. But they are not always uniform in their numbers. Sometimes the neck may have eight pieces, the back eleven, and the loins six. A person with a short neck, may have fewer in it, and more in the loins. The same marrow runs from the back of the head, to the lower end of the spine.

### SHOULDER BLADE—(*SCAPULA*.)

This bone is so well known as to shape and situation, it needs but little explanation. It is curious that it is not joined to the upper part of the trunk somewhat like the haunch-bone is to the lower extremity of the body. It is not connected by ligaments, but has several muscular substances between it and the trunk. It has two plates or tables with spongy substance (*diploe*) between them, and in old persons the two plates seem from use and pressure to have come in contact with each other, and sometimes become almost transparent.

### COLLAR-BONE—(*Clavicle*.)

So called from its resembling a key. By the connection of it with the breast, the shoulder has a much freer motion. It is placed at the lower part of the neck and reaches from the upper part of the breast bone, (*sternum*) to the point of the shoulder. It is fastened by gristly substances (*cartilages*) and rolls with a very easy motion, on any exertion of the breast and shoulder. It is perhaps the strongest bone in the system, to the size of it.



## THE UPPER BONE OF THE ARM, (Os HUMERI.)

In speaking of the arms and hands, it is only necessary to describe one of them.

The os humeri has a very true cylindrical form, but at the lower end twisted and flattened a little. This flatness joins it to the elbow in a hinge-like form, so that this joint has but one direction of moving. At the shoulder it has a very large round head, which facilitates its turning in every direction—but on the top of the head, though circular, yet it is nearly flat and has but a very shallow cavity to turn in; consequently it is a very weak joint to its size, and easily dislocated; probably as much so as any joint in the body.

## THE TWO BONES IN THE LOWER PART OF THE ARM—(RADIUS AND ULNA.)

The lower part of the arm, from the elbow to the wrist, has two bones in it. The one we shall describe first is the radius (axis or spoke,) although it is strictly called the second bone of this part. This bone has its largest end downwards, joining the wrist next the thumb, while the little end is upwards lying on the ulna (a measure) where the ulna joins the large bone of the arm at the elbow, and at which place the ulna is much larger than at the lower end. The radius gives all the turning motion to the wrist. It is a stronger bone than the ulna, and is somewhat arched in its shape, and also squared. The upper end is so small, of a button-like shape, and lies so on a process of the ulna that it is joined (articulated) both with the large bone and the ulna. This bone gives more strength to that part of the arm than the other, particularly to the wrist.

## THE ULNA, or ELBOW—(*A Measure.*)

This bone belongs strictly to the elbow-joint, and by it we perform all the actions of bending (flexion) and extension. It is of a triangular form, and is so firmly

attached to the upper bone of the arm (os humeri) that it allows no lateral or side motion.

## OF THE HAND AND FINGERS.

The wrist (carpus) to persons unacquainted with it, is a considerable curiosity. Most people who know nothing of Anatomy, think the wrist is that part of the arm immediately above the lower joints of the radius and ulna. This is a great mistake, for just between the two ends of those bones and the bones of the hand, lie the wrist bones, eight in number. They are very short, and are bound together very strongly, by cross ligaments, and closely compressed together, so as to form a ball-like figure, each having separate ends or joints.

## THE BONES BETWEEN THE WRIST AND FINGERS—(*Metacarpus*.)

This part of the hand contains five bones starting out from the wrist, and each one extending to its finger respectively, all of which can plainly be examined by looking at a meagre hand. They are all nearly straight, round bones, without any joints or peculiarities about them. Tolerably large and very strong indeed.

## THE FINGERS,

All have three joints but the thumb, which has but two. Some Anatomists leave the first joint of the thumb out of the number of bones of the hand (metacarpal), but it is most proper to include it, and say the thumb has but two joints.

## THE BREAST-BONE—(*Sternum*)

This is the long squared bone, which lies exactly in the front central part of the breast. It is a light spongy, weak bone. In children, even in some at five or six years old, this bone consists of eight distinct pieces, which in the latter stages of life become one solid bone.

At the upper end they are a little hollowed. On each upper corner it has a joining or articulating hollow, at which places the ends of the collar-bones are fastened by strong ligaments. And each side so formed as to receive all the ends of the ribs on its respective sides, by gristly substances (cartilages.)

## OF THE RIBS.

There are twelve ribs on each side of the breast or chest, corresponding in number with the joints or vertebra or joints in that part of the spine or back bone. Seven are called line ribs, because they join the breast bone (sternum) by gristly substances (cartilages.). The other five are called by anatomists false ribs, vulgarly called short ribs, because they do not join the sternum.

The ribs are connected (articulated) with the back bone by joints, and with the sternum differently with cartilages. The shape of the ribs hardly need be described, they are so well known to all observing persons.

*BASIN (Pelvis), or the part containing the lower Gut (Rectum,) and child bed (Uterus), and bladder (Cystis).*

This is a part formed of very strong, firm bones, standing in a kind of an arch between the main trunk (the body) and the lower extremities. Each bone is large, and affords large strong sockets for the thigh bones. The motions are free and easy, rolling on the heads of the thighs below, and supporting the body above.

In the grown person (adult) it contains four bones:

One *Os sacrum* (from sacred) because the ancients offered it in sacrifice.

2. *Os coccygis*, pronounced *coksejis* (cuckoo's bill), and the two *ossa innominata*, (two nameless bones).

The *os sacrum* and its appendix, the *os coccygis*, is called the false spine or column, the point (apex) of them runs downwards, and the largest part is upwards. It

runs along that part of the system vulgarly called the *rump*.

*Os coccygis* (cuckoo's bill) is the lower extremity or termination of the back bone. It tapers from the sacrum or rump bone, down to the lower end, so as to form a sharp point. It is somewhat crooked and flatish. Thus it binds closely on, and supports the lower gut (rectum) bladder and womb, and is very flexible, so as to recede in time of labor with women, so as to greatly increase the passage of the child's head. And when labor is over, return to its proper place without any difficulty.

### NAMELESS BONES—(TWO OSSA INNOMINATA.)

These are the two great bones that make the two sides of the basin (pelvis). It is most easy and explicit to describe them in conjunction, because the very name implies two, and the idea of them is almost inseparable. But to reduce it to the most ordinary capacity, we will make a distinction or division of these bones.

*THE haunch or flank-bone (Os ILIUM) Hip bone, or part on which we sit, (Os ISCHIUM), Pommel bone, (Os PUBIS.)*

The *os ilium* is the greatest part of the innominata, and extends up in a sort of wing from the pelvis or basin which forms the flank, or lower part of the cavity of the belly (abdomen). It is covered with the muscles that move the thighs.

The hip bone (*Os ischium*) lies directly under the *os ilium* (flank-bone), and is the lowest point of the basin (pelvis), vulgarly called the buttock, being the part on which we sit.

The share bone (*Os pubis*) is the smallest piece belonging to the nameless bones (*Ossa innominata*). It derives its name from the *mons veneris*, or hill of Venus being on it, being covered with hair, which is a mark of puberty. It completes the front part of the brim of the basin (pelvis).



## THIGH-BONE—(*Os Femoris*).

This is the longest, largest and most cylindrical bone belonging to the human anatomy. This bone joins the hip in a way that gives it strength, and it is very hard to dislocate, or to put in place. It has a regular bend from nearly one end to the other, with the bending side towards the front of the thigh. The circumference of the head of this bone is a very regular circle, which renders it the strongest joint in all the body. It has the most true neck of any bone in the system.

## LEG BONES, TWO IN NUMBER.

Tibia (or tuba a tube), so called from its pipe-like shape. The fibula (from *figo* to fasten, or the Roman clasp) because it fastens the tibia and muscles together.

The tibia (tube) is the largest of the two leg bones, and is situated on the internal or inside part of the leg. It is of a triangular form, and somewhat flattened at the upper end. The fibula is on the outside of the tibia, and makes the outward lump of the ankle.

## KNEE-PAN—(*Rotella*, or *Patella*.)

This is a small roundish or oval-shaped bone, tolerably thick. It is attached by a very strong ligament to the tubercle of the tibia.

## INSTEP, or ANKLE—(*Tarsus*.)

The ankle (*tarsus*) is composed of seven bones, which lie between the leg and foot, and are bound together by ligaments somewhat like the wrist, one of them is called the heel-bone (*os calcis*) forms the heel. The metatarsus the part of the foot between the ankle and toes.—They are five in number, and join the ankle to the toes in a similar way to the hand bones. These bones can all so easily be examined, and so easily understood, particularly after reading a description of the hand, that it requires but a short explanation. The next subject will be the

## INTERNAL PARTS OF THE SYSTEM.

We will begin with the lobes of the brain, and from them proceed downwards through the breast (chest) and belly, (abdomen) &c. As the brain is the great organ of all the intellectual functions, there should be a lengthy explanation given, but the limits of this book do not admit of any thing more than to show the divisions, and the manner in which it is situated, &c.

The brain is the great sensorium of the system, and has a communication through the nerves with the whole body. This nervous influence seems to be extended from the brain, and felt throughout the whole anatomy, somewhat like the laws of our general government are felt by every individual, who is subject to them from the highest to the lowest grade of mankind. The brain is divided into two grand divisions, which are called:

- 1 The seat of imagination (cerebrum).
- 2 The seat of animal spirits (cerebellum).

The cerebrum is divided on the top into a right and left part (lobe), and on the bottom divided into six parts (lobes) two before, two behind and two in the middle.

The cerebellum is divided into a right lobe and a left lobe. The two first grand divisions are separated by a membrane called the tentorium, which runs horizontally betwixt them, leaving the cerebrum above, and the cerebellum below. These brains all lie within the skull (cranium.) They are of an ash (cineritious) or gray color, and covered with a membrane nearly of the same colour. The whole skull (cranium) is lined with a membrane called the dura mater (from durus hard, and mater a mother), besides the whole brain is surrounded and supported by another membrane called the natural mother (pia mater), so called because it embraces the brain.

## THE TONGUE—(LINGUA.)

This is a little member so well known by appearance, that it is hardly worth describing. Notwithstanding



ing it is so well known by sight, yet it is so ungovernable in most people, that its powers are but little known or studied. It is the most busy of all the members of the human body. It is nearly always active, either in talking or tasting; for it is the very organ of that pleasurable sensation called taste.

It is composed of small muscular fibres, but covered with little reddish pimples (*papillæ*), which are the terminations or ends of nerves: whence the very acute sense of tasting. The use of this organ is not only in tasting and talking, but in swallowing, sucking and chewing. It is in general, the most liberal, active and inexhaustible member of the human system. It is really surprising to see how the little creature sustains its liberality in meddling with almost every thing that passes its way, and at the same time retains its elasticity to the last. From the tongue, we are led to an examination of the

### WIND-PIPE—(*Trachea.*)

Which is a rough canal, through which the air in breathing passes from the mouth to the lights (lungs). It lies in front of the swallow (*esophagus*), and every thing we receive into the stomach passes directly over the mouth of the wind-pipe, but it has a sort of lid or valve that shuts over it in the act of swallowing (*deglutition*). At the beginning of the lungs, or near them, it forks or branches off, so as to enter or convey the air into the lungs.

### THE LIGHTS—(*Lungs.*)

They are placed in the chest or breast. One lung lies in the right, and the other in the left side of the breast. That in the right cavity of the chest is divided into three lobes, and the one in the left is divided into two lobes. They join the wind-pipe (*trachea*) in the upper part of the breast. By the pulmonary vessels they are attached to the heart. They are full of little

air tubes, which communicate with the external atmosphere, through the wind-pipe (trachea). There is some fleshy substance in the lungs; thro' that the blood vessels pass. The lungs perform the office of breathing (respiration). They lie someway on the arch of the diaphragm (diaphragma). On the hind part of the lungs there is a deep furrow or groove (sulcus) for the back-bone (spine) to pass through.

## THE HEART.

The heart is the seat of life, and as the fountain of a river supplies the whole stream to its end, so the heart to the animal system, is the source of circulation, and sends blood thro' its arteries, to every part of the body. It is situated near the centre of the human body, with its main base placed a little on the right of the back-bone (vertebra) and its point (apex), standing obliquely to the sixth rib, on the left side. And as it lies in this oblique direction, its under side or surface is in contact with the diaphragm (diaphragma). The heart is placed between the arteries and veins, so as to regulate their relative action in propelling the blood through the arteries and receiving it through the veins. The shape of the heart externally is so well understood, that it needs no description; for whether the reader has had an opportunity of seeing the human heart, or not, it is generally known that there is a great similarity in the form of it, and that of most other animals. It is nearly hollow, having four cavities, two called the ventricles (ventriculus from venter), and two called the auricles (auricula a little ear), a right and left ventricle, and a right and left auricle. The right auricle has four apertures or openings: two into the great vein (vena cava), one into the right ventricle, and one into the coronary vein. The left has five apertures: four into the veins of the lungs [pulmonary veins], and an opening or aperture into the left ventricle. The ventricles have two orifices each: one into the auricle, through which the blood enters; and the other, called arterious, through which the blood is

thrown out. From these circumstances, we discover the nature of the circulation of the blood. The heart performs two important offices or circulations at the same moment; that with the lungs, and also with the body. From the lungs it receives nothing but the pure blood, and to the body it sends out such as is fit for its use or support. The heart is surrounded by a sac called the (pericardium), a membranous substance in a bag-like form, whose use seems to be the security of the heart, and also to secrete fluid and keep it lubricated.

### THE SKIRTS—(*The Pleura.*)

This is a membrane which lines the whole inside of the breast, and separates it into two cavities. It separates the lungs, and is attached behind to the back-bone, and before, to the breast-bone. The pleura is the part of the system from which the word pleurisy is derived. When it is inflamed, the person afflicted has the pleurisy.

### THE GULLET or SWALLOW—(*Esophagus.*)

This is a canal or tube, beginning at the mouth and running downwards to the stomach, which it joins, or into which it empties the food. It lies behind the wind-pipe, close to the back-bone. It passes through the diaphragm into the stomach.

Having gone through a description of the internal parts of the chest, we now come to the part (or septum) which separates the first and second divisions of the body; and it perhaps may be most natural to the reader to tell him that the whole belly is lined with a membrane [peritoneum] in a similar manner to that in which the breast is lined by the pleura. And that internally, the breast and belly are divided by the diaphragm.

### THE DIAPHRAGM—(*Diaphragma.*)

This is a muscular substance, composed of two muscles; the upper of which originates at the breast-bone,

and at the ends of the last ribs on each side. The second muscle starts at the back bone of the loins. It is covered by the peritoneum on its under side, and on the upper side with the pleura. It is perforated or passed through, both by the great vein and the gullet, and several other vessels.

### THE LIVER—(*Hepar.*)

The liver is the largest organ (viscus) in the system; of a dark red color, and lies partly in the right side under the diaphragm; it is divided into two principal lobes, the right of which is much the largest. The right ligament is attached to the diaphragm, on the posterior, or hind part. The left, lateral or side ligament, also connects the convex or round surface and margin of the left lobe, with the diaphragm. And in some persons, where the liver is very large, with the gullet and milt. The liver is connected with the gall bladder [bile], and gall or billiary vessels. Its lower surface lies on the stomach. This organ appears to be for the purpose of secreting bile, which is necessary in the digestion of food; a portion of bile is regularly thrown through the vessels of the liver and gall bladder, into the stomach.

### GALL BLADDER AND BILE.

(*Vesicula Fellis and Bilis.*)

The gall bladder is attached to the liver; in fact it lies in a cavity of the liver, on the under side. It is of an oblong shape, and appears to be for the purpose of containing the bile, or gall, in order that the substance may become thicker and stronger before it is regurgitated or thrown into the stomach, through a canal called the (ductus communis choledochis, pronounced kole-dokus). This duct conveys the bile or gall from the gall-bladder into the first portion of the small intestines. (called the duodenum, from its being of the breadth of twelve fingers) from thence into the stomach.



## THE STOMACH—(*Stomachus*.)

This is a very important organ indeed. It is a large membranous substance, in something of a bag-like shape, and receives the food through the gullet; the stomach is the organ which performs the office of digestion. It is of an oblong, curved shape, somewhat resembling a powder-horn. The largest end is behind, as it lies mostly on the left side, and tapers gradually as it extends forwards. Near the foremost and least end, is the orifice which receives the food. This orifice is called the cardia, and the orifice near the hind end where the stomach empties its contents into the bowels is called the pylorus. The food a short time after it is eaten, is changed into a thin mixt substance called chyme (pronounced kime). The mass then begins to separate the nutritious matter from the crude; this gives a milky substance, almost blood, which is called chyle, (pronounced kile.)

## THE MILT—(*Spleen*.)

This organ is well known from appearance; it is attached to the stomach, and lies mostly in the left side. This is not a vital part as the other organs are, which we have just described. It has been diseased and removed from both man and beast, without the least apparent injury. But we must know that it must have been created for some use, but this point has not well been settled by physiologists. By some it is thought to be for the purpose of secreting all morbid and impure matter; others have different opinions. It has the following connections:—1. To the stomach. To the caul (omentum) and left kidney. 3. To the diaphragm. 4. To part of the organ called the panchreas. 5. With the colon [part of the large intestine.

## CAUL FAT—(*Omentum*.)

This is situated under the membrane (peritoneum) that lines the belly, and above the intestines, it is a

white gauzy looking substance; and serves to guard the internal parts against cold, assist in forming the bile or gall. It also lubricates or softens the inward parts, which are connected with it. And in a state of starvation, the fat of it supports the system; this is one great reason why a fat animal can sustain without food so long: It has a very beautiful and curious appearance, looking like a white piece of fine net-work, that had been tossed down in a careless, half-folded position.

### THE PANCREAS—(*A Fleshy Organ.*)

This organ lies under the stomach, and has very much the appearance of a dog's tongue, both in size and shape. It is composed of glands, veins, nerves and little ducts or vessels, and something of a fleshy consistence. Its use is said to be to secrete the juice that is to be mixt with the milky fluid (chyle.) The quantity is very great indeed.

### INTESTINES or GUTS—(*Intestinum.*)

The intestines comprehend the whole tube, within the belly, from the stomach to the fundament, or end of the bowels (anus). They receive all the food, retain it a reasonable length of time, according to the laws of nature, and pass off the excrementitious part. They are divided into two portions, the small and large, besides other imaginary divisions. The first part for ten or twelve inches is called the duodenum, consisting of twelve fingers' breadth as before observed. This part makes three turns, and between the first and second bend, receives the pancreatic duct, and the common billiary duct or canal, in which vessel the milky fluid (chyle) is mostly formed. The jejunum (jejunum intestinum) from jejunus, meaning empty, commences at the end of the duodenum, and is placed about the navel (umbilicus). This part of the gut is mostly found empty, hence its name. Directly after a meal, however, about an hour and a half after, it is



covered with distended lacteals, or little milk-like vessels. And it is at all times covered with red looking vessels. The ileum (ileum intestinum, from its convolutions or twistings) lies below the navel, and part of it in the basin, and is of a pallid color, and empties into the large intestines in a transverse form, and is called the valve or lid of the ileum. The beginning of the large intestines for about four fingers' breadth, are called the cecum, having a worm-like process to it. The great intestine then begins, ascends towards the liver, and passes across the belly under the stomach, towards the left side; where it takes a turn like the letter S; then runs down into the basin. Where it comes into the pelvis it is called the straight gut. The rectum terminates at the fundament.

## THE KIDNEYS.

The kidneys are situated outside of the lining of the belly, near the back-bone. They are very vital parts; very subject to diseases; remarkably tender, &c. The design of them is to secrete or collect the urine (urina). The water is first secreted or collected in them, and excreted or thrown out through the two canals called ureters, into the bladder. These little tubes are about the size of a small goose quill—the kidneys both have cavities which are subject to calculi (stones or gravels). In the third and last division of the belly lies the

## WATER BLADDER, or URINARY BLADDER, (*Vesica Urinari Cystis.*)

This bladder lies within the basin, in the front part of the belly, with the large end (fundus) upwards, and the neck (cervix) downwards. It is oval-shaped, and it receives the water which is collected in the kidneys, thro' the ureters in the sides of the large end, where it falls into the bladder. It is then called urine.

This urine is discharged by the neck of the bladder through the urinary canal (urethra), which reaches

from the neck of the bladder to the end of the privates. The bladder has muscles at the neck, which possess very strong contractive powers, and serve to retain the urine the natural length of time. Then nature dictates a discharge. In the sex we must here remark the difference—the male having a much longer urinary canal than the female. Also of the great difference that in the female there is a womb, and in the male, none.

### THE WOMB—(*Uterus*.)

This organ and its appendages should be well understood, by at least all who make any pretensions to midwifery (obstetrics). The womb lies between the large straight gut and the water-bladder, with the large end upwards, and the neck downwards. It is nearly in the shape of a well-formed pear, a little flattened; and at the upper end on each side, there is a tube called the fallopean tubes—those tubes are about three inches long, and end in what is called the ovaria (eggs) which are about one inch in length, and some more than half an inch in breadth. The womb is divided into three parts—the upper end (fundus), and the lower end is called the neck (cervix), and the middle part is called the body. In an unimpregnated state, the womb is about three inches long. At the fundus it is about two inches wide, or a little more, and at the neck (cervix) about one inch wide. It is thicker at the neck than at the large end. At the fundus it is hardly half an inch thick, and at the cervix a little over that. But the size, and even the shape of the womb differs very much in different women, whether they be virgins, whether married, or whether they have had children. The neck of the womb descends down into the canal (vagina) which leads from the privates up to that part of the womb it joins, so that the mouth of the womb (ostinæ) slips down into this canal a small distance, like an encasement, or scabbard.

## THE CANAL FROM THE BIRTH-PLACE OF THE FEMALE—(*Vagina.*)

This canal (vagina) in a natural state is commonly about three or four inches long, and about two inches wide; but it varies much in different females, and under different circumstances. Both the womb (uterus) and vagina are very subject to a great variety of diseases.—The womb particularly, is subject to that very painful complaint called the falling of the womb (prolapsus uteri). It is no uncommon thing for the womb to descend all the way down the vagina, so as for the mouth to protrude, or come out. But in a natural and healthy state, they are both very beautiful parts indeed.

## THE MUSCLES.

It would be unnecessary to enumerate all the various muscles of the system. Each muscle consists of a distinct portion of flesh, and has the power of contraction and relaxation. They terminate at the ends in gristly substances, by which they are fastened to the various parts of the system. The muscles are mostly in pairs. The heart is a muscular substance—the urinary bladder, the stomach, the bowels, &c. have muscular fibres by which they contract—the fleshy parts of the face, the arms, the thick of the thighs, the calves of the legs, &c. are all plain examples of muscles; they are the largest belonging to the human system. In a perfect state of health, the muscles are governed by the will; but some diseases, such as the cramp (tetanus), destroy that power, and the muscles act involuntarily.

## THE SINEWS—(*Tendons.*)

These are, by anatomists, simply called the terminations or extremities of the muscles. But to persons unacquainted with anatomy, it will give much satisfaction, at least to some, to give some farther explanation. They are the whitish colored gristly substances, vul-

garly called sinews, leaders, &c. And by some persons ignorantly called nerves. This last name is very improper; for they have but little resemblance of nerves—they are very strong indeed, and may be split into the finest threads imaginable. In the hams, on the hands, feet, &c. you may examine them very satisfactorily. They are very nearly the same in the human system as in other animals. The savage tribes use them very much in making moccasins, belts, &c., after splitting them exceedingly fine.

### THE NERVES—(*Nervous, a Nerve.*)

By the ancients, the sinews were called nerves; and as before observed, are by some to this day. This is improper, and produces the contradiction of terms now in use; for instance, we say any thing of the animal kind that is strong, muscular, and sinewy, is nervous. We also say any person who has weak nerves, and whose nerves are irritable, is very nervous—here is a contradiction and inconsistency, which will be done away when the people all understand the science of anatomy:—the nerves are small white colored fibres, which are distributed throughout the whole system—they start in the brain, and spinal marrow, or marrow of the back bone—they go off by pairs, and it is thro' them alone that we have any sensation of feeling; In fact the five senses are communicated by the nerves:—smelling, tasting, hearing, feeling and seeing. The nervous system is very subject to diseases; and when diseased, it is hard to remedy. A cord of nerves accompanies every artery tolerable closely. On the insides of the thighs, legs, ankles and arms, also on the sides of the neck, you discover those parts are very tender and sensitive, owing to the nerves in those parts; at the ends of the fingers and toes, you have much sensibility, particularly under the nails and about the roots of them. This depends on a concentration of such a great number of the nerves—the eyes possess the finest



and most sensitive nerves, probably, of any part of the system—the organs of generation are also supplied with extremely tender nerves. Some physiologists have supposed that the nerves laid in cords, through the system, and could be severed into infinite filaments or fibres; and others say that each fibre is a canal or tube, conveying what is called the nervous fluid to the brain. Those who say they are solid bodies, suppose, and undertake to prove, that the sense of feeling is produced by the vibration of the nerves. But it is most reasonable to suppose that the nervous fluid is conveyed thro' the canal, and that in this way they communicate with each other, similar to the blood vessels. The spinal, or nerves of the back-bone, are thirty pairs—and somewhat in proportion—they are mostly in pairs throughout the system.

### THE PALATE (*Velum Pendulum Palate*) OF THE MOUTH, &c.

The little conical fleshy substance, which hangs in the palate of the mouth, is mostly called the palate.—This is a mistake—the palate is the hollow or cavity in which the uvula, or palate, as it is called, is suspended. This little substance hangs over the root of the tongue, and is of use in swallowing, talking, and so on. It is very tender, and subject to disease. Sometimes it becomes greatly inflamed and swelled; it then is so lengthened that it touches, or lies on the root of the tongue. It is common then to say the palate of the mouth is down—when in fact it is not the palate at all; but the uvula (or interseptum).

### THE TONSILS—(*Tonsillæ*.)

These are two glands, situated, one on each side of the back part of the mouth, near the opening of the gullet or swallow (esophagus). They are of a sub-oval form. These you will hear improperly called the almonds of the ears; I suppose, from their having some-



what the appearance of the fruit of that name in shape and size, and also from the circumstance of their being situated near the butts of the ears. They are very susceptible of cold, and other diseases—they are often injured and rendered extremely tender from the excessive or improper use of mercury.

### THE ARTERIES—(*Arteria.*)

So called because the ancients believed they contained nothing but air, for when an animal was killed they could never find blood, nor any thing but air. The arteries are two in number. 1. The great artery (aorta). 2. The artery of the lungs (pulmonary artery). The great artery (aorta) originates at the left ventricle or cavity of the heart. This is the greatest blood vessel in the body. It first forms a great curvature in the breast or chest (thorax), and then descends into the belly (abdomen). The second of these, the artery of the breast (pulmonary artery), starts from the right cavity (ventricle) of the heart. They gradually become less as they proceed from the heart. All other arteries are nothing more than branches of these—the blood is thrown out from the heart through them, to every part of the body, by a beating or pulse (pulsus). They terminate into the veins, through what is called the capillary vessels (capillaris), which are almost imperceptibly small. These little vessels connect the arteries and veins, and through and at them it is that the blood leaves the arteries, and falls into the veins, and starts back to the heart through the veins. As the blood passes through the arteries, the fine absorbent vessels of every part of the system receive its due portion of the nutritious properties of the blood, And the parts not fit for nourishment, are separated from the other parts, and thrown out of the system through the sweating (or perspiratory vessels). Thus the blood is cleansed of all impurities, and returns through the veins to the heart, into which it is emptied, in a perfectly pure state, at the same time feeding and supporting

the whole body. You find on examination the branch of an artery accompanying every limb, that is one particular branch, besides one of a smaller size. At the wrist and ankle, on the insides, you may feel the pulse of the arteries. Also on the sides of the neck, and in the temples, and in very lean persons just above the joints of the elbows, the pulsation of the arteries may be felt. The arteries are made of a very strong membranous substance, very hard to rupture indeed, and not easily diseased in any way. Even the worst kind of tumors seldom injure them; it seems that nature has taken great pains in their structure.

### THE VEINS, THE GREAT VEIN—(*Vena Cava.*)

All veins originate at the ends of arteries; or as was observed before, in the description of the arteries, at the capillary vessels; by a mouth, or what is called by anatomists (anastomosis), and empty themselves into the heart, at the auricles (little ears). The vena cava empties into the right, and the pulmonary veins into the left. The veins, contrary to the arteries, get wider instead of narrower; neither have they any pulsation, or motion, as the arteries have; but in them the blood moves smoothly and slowly on. There are many names among the veins, too tedious to enumerate: Neither would a knowledge of them all be of much utility to the common people. The blood is forced through the veins by a contractile power which they possess; and as the blood has mostly to run upwards in the veins, nature has supplied them with little valves similar to those of a force-pump, so that as the blood ascends in the veins, the lid (valve) gives way till the blood passes; then shuts or closes the place, so that no blood can fall back. Thus it passes securely on from one valve to another, till it reaches the heart. I have bled many persons, who, on seeing in what direction the blood issued from the vein, was greatly surprised, till the matter was explained. On the backs of the hands of meagre persons you may easily examine the valves in the veins. Put your fin-

ger on a vein, near the upper part of the hand and draw it down, forcing all the blood towards the fingers. You will then see, that from wherever the blood has been freed below the valve, the vein will lie flat (collapsed) and empty; but immediately above the valve it will be as full of blood as if it had not been touched. Then take off your finger, and you will see the blood slowly ascending and filling the vein again. Thus you will plainly perceive that the blood is going thro' the veins from the extremities or ends of the limbs to the heart, and not from the heart to the extremities, as it is in the arteries. The veins like the arteries are very strong, but more liable to disease, particularly to ruptures. We see very often, in full or plethoric habits, the veins of the legs, &c. swelled or distended, and badly ruptured, or what is called broken. The blood in the veins is blacker than it is in the arteries; in the latter it has a brilliant red cast—this is owing to its being purified before it reaches the veins.

### THORACIC DUCT—(*Ductus Thoracicus*.)

This is a large canal or vessel, about the size of a small goose quill, of a whitish color, and is the main trunk of what is called the absorbent vessels (that is the little vessels which receive or suck up the nutritious part of the food, for the support of the body). This great tube is of a serpentine or crooked form, and runs nearly along the back bone (spine), from the diaphragm to the junction of the subclavean and jugular veins, into which it empties. In this course, the thoracic duct receives the juice or milky substance of the food, through the absorbent vessels from every part of the system. By the time this fluid is poured into the jugular vein, it is changed into blood. This is the way in which nature carries on her machinery in the human economy. You may see the thoracic duct in any animal that you kill; the hog, the deer, &c. It is a remarkably clean, white, beautiful vessel, always nearly in a conical shape. It is always empty when the animal is dead.

THE SKIN—(*Cutis*.)

At first thought it would appear to most persons that this would be a useless treatise. But on a careful investigation, the skin will be found to be a very curiously interesting subject indeed. The skin (*cutis*) is divided into: 1—the cuticle or outer part of the skin; 2—the retemucosum, this has no English name; 3—the true skin. The cuticle is very thin indeed, and is what we hear called the *scarf skin*. This is easily removed off the hands, arms, or any other parts; hence you often hear it said that the skin is grained, meaning thereby, that the cuticle, or first lamina or plate is rubbed off. The retemucosum gives the color to the skin. In a negro, black; in an indian, yellow or tawny; in a white person, white, &c. &c. Through both the cuticle and the retemucosum pass innumerable pores from the true skin to the surface—through these we perspire. It is an easy matter to examine the human skin, by comparing it to that of other animals—for instance, the hog. when you scald him, sometimes the hair will come off in large bunches, held together by a thin looking skin. This is simply the cuticle or outside skin. The next is the retemucosum, which is simply the grain of the skin. Thirdly, you come to the main body of the skin. Perhaps a hide that is limed would be a better example. When limed and the hair taken off, there comes off with the hair a thin scarf; this is the cuticle. After it is tanned, you know it has a firm, neat grain, as it is called; this is the retemucosum, which may be taken off, and still leave a good body to the hide. These remarks might well be applied to the human skin. The skin seems to have been given to man, not only for a covering, but also for the purpose of feeling, for perspiration and absorption; particularly for the touch. For in this, man surpasses all other animals, particularly on the ends of his fingers, and even all over the bottoms of the hands. And it is here worthy of observation, that it is very curious, how the fingers and bottoms of



the hands and feet can be so extremely sensitive, whereas on some, the skin is so wonderfully thick. Notwithstanding the skin on some persons' hands who labor hard, particularly those who use the plane a great deal, is a quarter of an inch thick, or more, yet they are very sensitive indeed; feeling instantaneously, the lightest touch of any thing. This in some measure, would go to support the theory, that the sense of feeling is produced by the vibration of the nerves, for it would seem impossible that the ends or terminations of the nerves should come in contact with the object or substance, that touches the cuticle of so thick a skin.

Here I am going to occupy a new ground, though it is certainly a tenable one. The idea is entirely novel, yet it can be clearly illustrated and supported. Altho' the substance does not come into contact with the termination of the nerve, yet when the smallest touch is made on the ends of the fingers or bottoms of the hands, it matters not how thick the skin is, this touch gives a pressure on the termination of the nerves, through the skin; insomuch that the fluids contained in these nerves must be forced back, in some degree, and it matters not how slightly; for in a vessel of so fine, delicate and sensitive a structure as the nerves, the most slight touch or pressure against the ends of the nerves, whether from coming in contact with foreign bodies, or with the skin itself, it must be equally perceivable. On this ground it might be said that the tongue and some other parts of the human system should be equally sensitive to the touch, as the cuticle and retémucosum both appear, and really are much thinner. But this is not the fact, for the hands and fingers surely have a peculiarity as to the touch, which has been designed by the Author of Nature for the convenience of man; for although his hands are so sensible to the touch, yet they are very hardy indeed, so that in feeling, and extending them into danger, they are not easily hurt, and certainly have been made peculiarly for those purposes. On the other hand, the tongue, not half so much exposed in any way, has



not half the sensibility in feeling, yet it is peculiarly adapted to the sensation of tasting. So every part of the system has perhaps some peculiarity attached to its office or purpose. The eyes are filled with very sensitive nerves; so are the genital organs. Other parts might be enumerated, but the limits of this work will not admit of much on this subject.

### THE MARROW—(*Medulla*.)

This is a soft, fatty substance, contained in the marrow or medullary cavities of long bones. It is filled with the most fine and tender nerves imaginable; also with fine blood vessels. This part of the system is hardly worth describing, it is so well known and so very conveniently examined, in the bones of any animal. The taste of this substance is very delicious to most persons when well cooked.

### THE BREASTS (*Mammæ*) OF FEMALES.

The breasts (*mammæ*) are two projecting parts, situated on the chest (*thorax*), one on the right side and the other on the left. They are composed of milk (lacteal) vessels, of fatty (adipose) matter. They are also supplied with glands (*glandula*), nerves, &c. In the centre of each breast there is a small protuberance called the nipples (*papilla*). In these, terminate all the excretory vessels. Around the nipple is a colored orb, or circle, sometimes of a reddish, sometimes of a dark or brownish color. Before women have children, the nipples are commonly much smaller and smoother, and the circle or disc round it is not so dark. After having children, the breasts assume a very different aspect. In the virgin they are plump and firm, but in the child-bearing woman they become soft and flabby; and you will see little white colored marks, mostly on the superior, or top part, which look very much like scars (*sicatrices*). These are nothing more than broken veins and glands. The breasts may sometimes have a flaccid ap-

pearance, even in the most chaste virgin, in consequence of bad health. Women who are very meagre, and live in a state of celibacy till they are advanced in years, may have soft breasts, notwithstanding they may have had tolerable health.

The breasts of a young woman are very tender ; particularly about the age of puberty, or time at which she is old enough to breed. At this period of life, the mothers of young girls should be very careful of their daughters, for they are apt to do themselves very serious injuries indeed, by the imprudent practice of tight lacing.

### JOINTS, GRISTLES—(*Cartilages.*)

The joints (articulations) are fastened together with white elastic gristly substances called cartilages. These are of the texture and nature of the sinews and tendons. They are powerful strong and lasting.

### JOINT WATER—(*Synovia.*)

This is a kind of oily or unctuous substance, that is contained in the joints for the purpose of lubricating and suppling the joints. It greatly facilitates their motions ; but if this juice or synovial water be extracted or discharged by a cut or any other cause, it never can be restored, but the joint always remains stiff.

### EXTERNAL PARTS OF FEMALE GENERATION—(*Pudendum.*)

As this work is intended for the great utility of the world, it would be wrong to omit a subject so important to decent *midwives*, and all other classes of modest females. There is no person who has sense enough to read this chapter, but what knows something of the existence of these parts beforehand ; and also that the author is bound by the very nature of his work, to understand and explain this as well as other things pertaining

to his book. No person would presume to say that any thing contained in the Holy Bible was indecent. Then if no worse language is found in this, it cannot possibly be vulgar, unless made so, by immodest readers, who have the imprudence to read or speak of it in presence of fools and children. I would ask my *fastidious* female readers (if I have any such), let them be married or single, which would be most offensive to their *delicacy*, to read this, and be able to relieve themselves of the gravel (calculus) by the use of the catheter, of the whites (fluor albus) by the use of the female syringe, and of the *falling of the womb* (prolapsus uteri) by the proper means, &c. &c.; or to consult a physician, or *perhaps* every old woman in their neighborhood? This question is easily answered by any lady of true modesty. Besides, there can be no wrong in speaking *modestly* of the most charmingly beautiful, and admirably convenient parts of the whole human anatomy. In covering it both for comfort and ornament with those delightful curls at the age of puberty, Nature has been lavish in her work, and certainly has given it the highest polish, and nicest touch of her artful hand!

*Top or Front, (Mons Veneris,)*

Meaning the hill or mountain of Love. This is the upper part of the privates (pudendum), at which the lips (labia) begin and pass down, one on each side, to within about one inch of the fundament (anus) where they come together; and the space between their junction and the fundament is called perineum (pronounced peraneeum). This part is very tender, and subject to injury in time of hard labor. Hence the great necessity for precaution among midwives.

*Little Lips, (Labia Minora, or Nympha,)*

From the Greek, meaning to stand in the course of the water. These are thin lips, running on the inside of the lips above described, and in connection with them, have much the appearance of a double lip in a person's mouth.

*Clitoris*, (from the Greek, meaning to hide, because it is inclosed under the lips.)

This is a little glandular substance, an inch or more long, rising just within the upper commencement of the lips, very much resembling the penis of the male, only so much smaller, and is a very sensitive, and at times, an exquisitely pleasurable little member. It is liable to a disease, so as to enlarge it greatly, which is called *clitorismus*, which may be cured without medical aid.

*External end of the water-passage (Meatus Urinarius.)*

This orifice is found just below the clitoris—the channel is large enough to admit a catheter, or small finger, and runs up to the bladder with a bend, which requires much care in using the catheter to draw off water. This canal called the *urethra*, before described, is two or three inches long in females.

*Entrance of the Birth-place (Vagina.)*

This begins close under the mouth of the water passage, and extends up three or four inches, to the womb, which in a common stage is about two inches in diameter.

*Hymen.*—This is a thin membrane found at the mouth of the vagina of most young women at marriage. But it may be destroyed or torn by jumping, running, hard lifting, sneezing, &c. &c. Among the ancients it was called the God of Love, because it was then thought that nothing could rupture it but sexual intercourse. This ignorant notion destroyed the happiness of many an innocent and virtuous girl! This membrane is sometimes so strong that it will not give way at the commencement of the monthly courses (menses). But from the information here contained, any careful lady can make an opening into it with a lancet or sharp knife. I have performed the operation three or four times with less than no trouble.



## PART II.

*The art of preserving Health without the use of Medicines, (Hygieine, from Hygeia.)*

The author having finished the Anatomy, or first part of this work, as he believes, in a brief, explicit and satisfactory manner; at least to those who are true friends to the diffusion of medical science (the most important of all others), we now come to the second part.

*Hygeia*, which by the ancients, was fabled the Goddess of Health, was one of the four daughters of Esculapius. The ancients said she often accompanied her father in the monuments, looking very young and charming.

In this part of the work, the reader need not expect a long treatise on the Passions, &c. It is the design of the author merely to point out the most temperate habits of life, and show the powerful influence which ungoverned passions have on the human system.

The reader will see in several modern works, that the authors have borrowed and stolen from each other, and endeavored to dive so deeply into the subject of the Passions, that they have quite exhausted the subject, and filled their books with useless matter, and have so jumbled their own and the borrowed parts together, that they have not only rendered the whole tiresome and disgusting, but even difficult to tell what they really mean. Where you see so much borrowing, it is like mending old garments with new cloth, for the borrowed matter is sure to be too strong for the original (if there be any original), consequently, weak links in their chain, discordance and inconsistency is produced. Therefore, my dear reader, if I serve you up but a plain, simple dish on this subject, even without sauce, I pledge myself it shall be my own production.

When we reflect that man was originally created a



perfect being; not only without sin, but free from all maladies and diseases—when we take a view of his primitive state, his innocent and happy condition when first placed in the garden of Eden, and there see him perfectly free from want, danger and difficulties—and then compare this with the miserable state into which *man* has fallen, by his own violation of the laws of God!! What a solemn thought; and how anxiously engaged should we be, to change our condition; and how careful should we be to guard against all evils, by a temperate course of life in all things. And how heavily should these reflections weigh on the mind of every parent, to point out the propriety and importance of these things to their dear and tender offspring! not only in order to lay the foundation of their health and happiness, while travelling through this dark and gloomy vale; but much more, to secure them a seat in the bright mansions of everlasting Happiness!

*Food for Infants.*—When the child is first born, a little piece of fat bacon or a few drops of sweet oil should be given; either of which will cleanse the phlegm from the mouth and throat, and assist nature in removing all improper matter from the stomach and bowels. This gives action and tone to the stomach, and enables it the better to receive and digest its food, which should consist of new milk and water, with a little sugar, say about one third water and two of milk, given milk-warm, in such quantities, occasionally, as may suit the strength of the child. As soon as the milk rises in the mother's breast, that should be the child's food; it is the most natural and wholesome. The child should be frequently put to the breast, and let it exercise in drawing it, previous to the rising of the milk.

At three or four months old, and sometimes sooner than that, it should be fed with light, nourishing diet, well chewed. Food of the vegetable and milk kind is in general most suitable for children.

*Food in general.*—As the child grows larger, and even after he arrives to manhood, his diets should be suited to the peculiarities of his constitution, habits of life, &c. Vegetable diets, which consist of such articles as are easy of digestion, such as plain, well baked breads, pan-cakes, turnips, potatoes, &c. are certainly conducive to health and long life. One strong objection to vegetable food is, that it has a great tendency to sour in the stomachs of some persons; where this is the case, it should be but little used. This often happens with persons who are bilious or of weak nerves. In habits of this kind, vegetable food seems to be much harder to digest, and assimilate to the human system than animal food.

As to food, there is a great variety of opinion among the best moral writers; but their notions seem to have mostly been founded on their own experience, and advantages which they derive from it. They are apt to speak in favor of such diets as suit them, and disapprove of those which do not.

Dr. Franklin, although a wise philosopher, you could not have convinced him but what vegetable food was the best for every body. He says “in his youth he took entirely to vegetable food, and found his progress in study to be proportionate to that clearness of ideas and quickness of conception, which are the fruits of temperance in eating and drinking.”

Sir Isaac Newton was so certain that vegetable diet was the best, that while writing his great and famous treatise on optics, he would eat nothing else.

As a general rule, Dr. Cullen expresses himself well, when he says “vegetable aliment neither over-distending the vessels or loading the system never interrupts the stronger motions of the mind. While the heat, fulness and weight of animal food is an enemy to its vigorous effects.”

It is generally thought that a vegetable diet should be rigidly attended to in warm climates. But here seems to be an inconsistency of opinion; for while they

tell you that bilious persons should not use them, yet at the same time, recommend the use of vegetables in the very climates in which bilious habits are mostly found.

*Animal Food.*—Animal food consists of properties more natural to the organs of digestion than vegetables; consequently in general requires less labor to digest it. Hence we find that the dyspeptic and nervous do best in the use of proper animal diet, if well prepared. It is also generally better for the laboring class of people. The inhabitants of extremely cold climates actually seem to require more flesh food, in order to stimulate the system, and counteract the intensity of the weather: for it is well known to be more prompt and active after every meal, in its stimulating powers, than vegetables. There is no doubt but we can subsist longer and more vigorously on animal food, where we are subject to great and constant personal exertions. At the same time I believe that in warm or temperate climes, particularly on persons who live inactive lives, that animal food much used, has a very pernicious influence, by over stimulating and forcing the energies of life into unnatural action. Thus the stimulus from any cause, may be kept up, till the powers of the system waste away in proportion to the influence exerted on it, by that stimulus. There is no doubt in my mind but that the exclusive use, either of animal or vegetable food, has a tendency in a considerable degree, to shape the most prominent features of the character. Turn your attention to the manners of the Hindoos, and others who use little else but vegetable food, you find them mild and soft in their manners, rather careless and stupid. But on the other hand, when you look at those tribes and nations who use flesh for food, particularly the Tartars, you find them possessed of all the fierceness and vigor, which you see in animals that subsist on flesh.

*Mixture of Vegetable and Animal Food.*—On the whole, I am clearly of opinion that a mixture of the

two foods is necessary. First—because, the Great Giver of all things seems to have given them both to us for the very purpose of food, and because, each appears to have its respective agency in forming as above remarked, some of the most prominent traits in our characters. And thirdly, because a mixture of them is certainly most conducive to our comforts and health, if properly used.

I will here point out, first vegetable foods and secondly the animal, with a few remarks and general rules for using them.

As *bread* is the *staff of life*, I will first introduce the several species of grain, and secondly other articles. Most naturalists have divided the *eatables* of the vegetable kingdom, into the five following classes.—First, wheat, rye, corn, barley, oats and rice.—Secondly—beans, peas, &c. Thirdly—the several kinds of salads &c. Fourthly—all the kinds of roots, and fifthly—fruits.

Altho' most authors recommend wheat and rye breads, yet I have no hesitation in saying that Indian corn bread, made of good fine sound meal, is the most wholesome to the American people in general. But it should be well baked and not eaten hot, as is the common practice. Wheat bread should be raised, and a day or two old before used; most of the bakers' bread is too sobby and heavy for digestion. The common, high seasoned buiscuit are very unwholesome and indigestible diet, and never should be used by the weak stomached, nor in fact—by any body at supper. Yet how strange to me, that they are so much recommended by nurses and *even* physicians, in sickness. Wheat or rye flour well wrought and baked into what we call crackers, without salt or lard, is easily digested and agrees with almost any stomach, particularly with the dyspeptic.

Flour of a tolerably course quality is much better than the superfine. A mixture, equal parts of rye and wheat or corn bread is wholesome. In raising or lev-



ening bread, a little pearl ashes, make it very brittle, digestable, and palatable.

Puddings if simply made, when cold are tolerably wholesome, but they are commonly too richly made and then eaten hot, to the great destruction of the stomach. Pastry of almost every kind is too much used; Tarts, pies, &c. are seldom used without injury to the weakly and inactive. Rye flour is generally thought to be better than wheat for costive habits. Mush and honey, with milk or fresh butter are both good. Buck-wheat cakes are wholesome, and so are oatmeal cakes, very light and nourishing.

In Germany, Britain and France, this article is much used. Oats make a good diet cleaned and prepared like rice. Pearl Barley boiled in water, makes a very nutritious drink for the sick or weakly.

Rice is an excellent food, either in sickness or health. It is mostly recommended with the addition of alspice, nutmeg, cinnamon, &c. as rendering it more wholesome, but this is a mistake; the addition of a little good fresh butter, molasses, or milk is sufficient.

As to beans and peas of every kind I cannot recommend, only to persons, who from experience know they agree with them, particularly when dry.

The garden pea is very palatable and perhaps the most innocent. Green beans or snaps as they are called, are palatable and to many, good food.

Pot-herbs, such as cabbages, mustard &c. are good food when young, but after cabbages get hard they are flatulent or full of wind for most people. Made into kroust they agree with strong stomachs; but to weakly persons they are almost indigestible. Artichokes are said to be good for persons with the gravel, and so is asparagus. Sallads, such as raw vegetables are not good; raddishes perhaps, may be used with the most safety, by the weakly or nervous. As to this vegetable, I am going in the face of authority, but I contend that from its stimulating properties it enables the stomach to digest it, notwithstanding, without that property it would



be a hard indigestible substance. Lettuce should be dressed and wilted a little. Great witticisms have been lavished on the cucumber, such as saying, it should be well pickled and then thrown to the hogs &c. For my part, I believe there are few pickled vegetables equal to it. Yet I am not recommending the use of any, to the weakly, because they seldom agree with them.

*Of Eatable Roots.*—The Onion by many is objected to, but I find it one of the best and most wholesome of roots, when properly prepared. It should be either fried or boiled and be not more than half done; if raw, it is too strong for weak stomachs, and if too much cooked it becomes tough and indigestible. The Irish potatoe as it is called, is to most people wholesome. It is best after fully grown, and the simplest mode of cooking it is best. For instance boiled or stewed, without mashing is the most wholesome. The sweet potatoe is to most people the most palatable but not so conducive to health, because it is apt to fill the stomach and bowels with wind. These two articles come nearer supplying the place of grain than any I know of. To robust sound persons, turnips are wholesome food, but very few weak stomachs receive them well.

They appear to absorb a greater quantity of the essence or sauce with which they are prepared than most other vegetables, by this and their own chymical properties they overpower the digestive organs.

Young tender carrots and parsnips when well boiled are tolerably wholesome.

*Fruits in general.*—Peaches perhaps, are the most palatable and wholesome fruit we have in America. Good ripe peaches when fresh or green as they are called, are wholesome to most persons, be their health or habits what they may. When well dried and cooked, they are also very good. The juice may be safely used in sickness or health. The best mode of preparing them is by stewing. The apple in like manner is good, tho' not so wholesome when green, being more productive of wind. Pears are not so easily digested,

neither green nor dried, because they are tougher and contain more sweetness or saccharine matter as it is called. Strawberries are very easily digested. Raspberries, gooseberries, blackberries, &c. are not so much so. Currents and grapes about the same. The orange is tolerably good, but sometimes sours the stomach. The use of the ripe fig may be very much indulged in. I do not recommend plumbs, cherries and such like. The pine apple must be used sparingly. Also nuts of most kinds--the water-melon if good and not too full of fibres, or tough substance may be much used in time of its season, but after the weather gets cold it is unsafe. The muskmelon if perfectly ripe, is somewhat the nature of the ripe fig, being already digested or nearly so, when eaten.

*Of Animal Food.*--Four-footed animals, such as the beef the mutton the deer the hog, the rabbit and the squirrel are the most common in use in America, together with their young the veal, the lamb, the pig &c.

The meat of hogs is more used than any other on this continent, in fact a great deal too much. Fresh pork is not wholesome in any way for weakly persons. The stout and laboring class can use it with safety. But good well saved bacon is much the best; even the weakest stomach may use a bit of broiled ham with benefit any time thro' the year. Beef when fresh and fat is more easy of digestion than pork, but when dry it is wholesome to but few, especially to those troubled with the gravel.

Mutton is the most wholesome of any; it is tender, easy of digestion, & readily assimilates itself to the system. Mutton soup, is *even* a medicine in some instances.

As to the calf the lamb and the pig, I shall only say that they may be more palatable, but at the same time they contain a glutinous property which renders them much less digestible and nutritious than grown animals of the same kind.

Venison, if fat and well prepared is wholesome and nutritious: even dried it is brittle and digestible.

The rabbit and squirrel are both very good for food, either roasted stewed or fried. I had forgotten to mention Bear meat, as excellent and extremely wholesome and easily digested, lying light on the stomach.

The chicken is the most common and perhaps the most useful and delicious of any of the feathered tribe. I believe the duck to be the next easy of digestion, the breast particularly, which is not the case with that of the chicken. There is the turkey, the goose, guinea hen &c. The turkey and goose are both coarse and tough, not easily digested by weak stomachs. The wild turkey when fat is the most easy. Many other birds might be mentioned, the partridge the snipe the prairie hen, pigeon, the lark &c. all of which are good food.

*Amphibious Animals.*—The turtle is thought by many to be very delicious, and wholesome, also the frog. To those who relish the frog, I think he is better than the turtle.

*Fish.*—This is in general one of the most unwholesome indigestible kinds of food we have. The fish with scales are the tenderest and best, when fresh they are most easily digested, but dried, they all have the same nature, whether taken from fresh or salt water; fish has less nourishment than almost any diet we eat.

Lobsters, crabs, &c. are all hard to digest and lie heavy on the stomach.

Oysters when fresh lie well on the stomach and make a wholesome diet to those who are fond of them. They are also tolerably good either stewed or pickled.

*Eggs.*—These articles are said by many authors to be hard of digestion; but I have never seen it the case, with any person with whom they agreed.

But they should not be cooked till they are hard, half boiled or poached is the best method of preparing them: taken raw they are very wholesome. But I have seen two persons, whom the quarter of an egg in any way taken inwardly, would purge promptly and violently.

*Butter.*—When fresh and sound this is generally a

good diet, but if rancid, or even made of milk which has stood too long it is unwholesome. Butter melted into sauce is not good, neither is butter made too salt. In either shape, it overpowers and rises on the stomach.

*Honey* is a very nutritious food to all ages, but if you eat too much at a time, or use it without bread, it is apt to produce pain in the stomach and bowels. There is a great difference in the qualities of honey, which should be attended to. It depends I suppose on the materials of which it is made. Some honey is very bitter, while some other is very strong or acrid. Some other is sweet and wholesome.

*Cheese and Curds.*—These seldom agree with any sort of stomach, and contain but little nutritive matter. They produce costiveness in most habits, and in some most intolerable. A melancholy or hypochondriac is very apt to be fond of cheese, and he should be the most sparing in the use of it. It contains too much solid and indigestible matter for weak stomachs and nervous persons.

*Drinks, or what are called Liquid Food.*—Water holds the first place in this list; because, nature designed the use of it for all living animals. As several proofs of this fact, we see a supply of this delicious beverage in almost all habitable parts of the world; and secondly we see all animal creation fond of it; and in fact we cannot make other drinks without water. Notwithstanding a difference of opinion prevails, yet I venture to believe that good spring water is the best water on earth. This mode of boiling, straining &c. of water, so much recommended by medical gentlemen, is wholly unnecessary, if our springs be good and free from minerals or salts. It was intended by the benevolent hand of nature that we should drink our water just as it runs, pure and free from the earth. But necessity in this, as in other things sometimes requires that we should strain or change the nature of the water before we use it, because it is not pure and good. Those gen-



tllemen who trouble us with whole books on the subject of filtering and clearing water, certainly never have travelled thro' all those beautifully watered countries in America which I have; where the innumerable streams break forth from the foot of every hill and side of every mountain, gently winding their way through the shady forests, rolling over the clean sand and smooth pebbles, as clear as cristal, and pure beyond investigation! and so deliciously refreshing to the hunter, the industrious farmer and the weary traveller!!

Water is a natural production, and certainly assists digestion more perfectly than any liquid we can use. It also, keeps up the tone of the stomach and intestines, by mixing with, and dissolving our solid food in a natural way, better than any other beverage.

*River water* is next best to the spring, where it runs thro' clean sand and rocks. *Rain water* by most persons is thought to be the purest of all, and where it is collected in the forest or thinly inhabited places, is very pure, but in Towns and densely populated places it is always filled with impure substances which render it offensive and unwholesome. Yet the same water may be useful and excellent for other purposes, because in its ascension and floating thro' the air, it is freed from its salts and heavy substances, consequently is more susceptible of any thing you choose to mix with it. *Snow water* in every respect is very similar to that of rain, in calm weather, but from its amassing itself together it certainly carries with it more impurities.

*Well water* is generally less pure than any; however palatable it may be. It contains salts and chymical properties, which give it the name of hardness, which means that it does not wash well, because those properties prevent it from dissolving soap. The inhabitants who use well water are unhealthy from using it too cold while their blood is warm. This should be avoided. Such water as this, no matter from what source, is not wholesome, it lies heavy on the stomach, and often gripes the bowels. Head-aches and other

bad feelings are the productions of it. Hence we find so much necessity of filtering and purifying machines in large towns. If you have no better way, you may cleanse your water very much by throwing into it a bit of toasted bread, which purifies it both by absorbing the impurities and also by the slight evaporation which its warmth causes. Or a handful of pulverised alum put into a few gallons, soon settles and prepares it for use.

As to water being limestone, freestone, &c. the likes or dislikes, depend much on habit and fancy. I will give you a few plain rules, by which you may know good water.

*Rules for knowing good Water.*

1. Spings that change least with the seasons are good.

2. That which dissolves soap and washes easily is apt to be good. This is called soft water.

3. If it heats and boils or cooks vegetables quickly.

4. Water which receives dyes or any colouring easily, shows that it is free from hard substances.

5. Drop water on clean copper, if no spots are left, it is apt to be good.

6. Springs running out of clean gravel, or sandstones are apt to be good.

7. To see water cresses &c. growing in the edges of rivers and streams is said to be a good sign.

8. But to see never failing water run through clean rocks, gravel or sand with a good current and look perfectly clear is one of the best signs I have ever seen.

*Milk.*—This article I do believe should not be classed with drinks, or liquid food, because, a person may subsist on it without any thing else: And as a beverage, I do not believe there is any thing else so natural or wholesome, next to good water that can be used. For the dyspeptic and consumptive there is nothing so salutary in most cases as milk, and even for the sick and weakly, milk is seldom amiss. Drank fresh from the cow is best for consumptions. Asses milk, new, is

said to be better than cow's. Butter-milk when stale is very good, whey is also very wholesome drink. New butter-milk is not so easily digested, it curdles and swells the stomach and bowels.

Milk as a general thing is suitable for all ages. Some females should not use it, during their monthly periods. It swells them and increases their pains. If milk of any sort be too heavy for the stomach it should be diluted; in other words, mixt with equal parts of good water. The quality of milk depends on the season, the manner in which the beast is fed &c. Some beasts yield much better milk than others under similar circumstances.

The Hypochondriac, or hyppo'd person as he is called, can seldom use milk advantageously. The corpulent person is not apt to care about milk, neither is he who uses much strong drink of any sort.

*Soups and broths* well made used with bread are wholesome. They should not have too much grease of any kind in them, which is commonly the case.

*Coffee* is greatly objected to by many writers. By some, because they write as others have on the subject, without thinking for themselves. By some because they do not love it themselves, and by others, because they think their objections will please the penurious and saving part of mankind, and thereby render their work more popular. Coffee in its use, is like other articles, it may be properly or improperly used. I am not a great lover of coffee nor never have been, yet I know it suits and is wholesome to many.

Breakfast is the most proper time for it. One or two cups of good coffee will make you feel agreeable all day. It should be used with cream and sugar. Even for dinner and supper to many persons, it is salutary, particularly to persons of weakly habits, and in the decline of life. I would not advise it to children or young people. This thing of forcing small children into the use of it and cramming them with it, is certainly abominable. It does not agree in general, with the

dyspeptic, and the billions. The best rule for judging whether it suits you or not, is from your feelings after the use of it. If it produces head-ache, heat at the stomach, loss of sleep, costiveness or a bound state of the bowels as it is called and palpitation, or fluttering of the heart &c. you should abandon the use of it. By some we are told it is a poison! shocking indeed! But as long as it operates so slowly and agrees so well with us, we will continue the use of it.

*Tea* of China is wholesome if properly used, but it is mostly made too strong, and in too frequent use. Dinner and supper are the most proper meals for it. Its stimulus is too hasty for breakfast. It is not half so substantial and lasting as Coffee. Tea should be made of tolerable strength and cream and sugar used with it. And like coffee, its use is best adapted to the weakly and aged. The young and robust, do not require the stimulus, either of coffee, or tea. Tea is better suited to the dyspeptic and billions than coffee. Tea should not be drunk too hot; as well as other hot drinks it is very pernicious, and soon destroys the tone of the stomach, and powerfully paralyzes the nervous system. Other teas may be substituted such as sassafras, spicewood sage &c. The use of tea was introduced into Britain 1666, by Katharine, Queen of Charles 2d. *Chocolate*, properly made is more nutritious and wholesome than coffee or tea, but it is mostly made too rich and thick, with milk. It should be made with water and the milk added afterwards. For weakly persons, boil it in water, let it cool, skim off the fat substance on the surface, reboil the chocolate, and add cream and sugar is the best mode of making it. Chocolate is not so good for fat persons or those very full of blood, or subject to apoplexy nor for the studious.

*Gruel* is a light and nourishing diet and may be used with sugar milk or almost any ingredients that render it palatable.

It may be made of any kind of meal you please, but oat meal is best in most cases.



*Malt Liquors* if sound, are thought to be wholesome, and to some they are; but if they lie heavy in your stomach, or produce heat or heart-burn you should not use them. Spruce beer is the most wholesome drink on earth, and lies light on the stomach.

*Of cooking meats &c.*—The most plain and simple modes of cooking are generally best. This is evident from the great strength and vigor of the ancients who knew but little about cooking vessels, or rich ingredients.

*Roasting* is the most natural and wholesome of any. The meat thus prepared is very easy of digestion and very stimulating because it retains all its juices, and its chymical properties are but little changed by the process.

*Broiling* perhaps if carefully done, is next best, nearly for the same reason, the process being very similar. Some writers tell you that broiling is the better mode, and so it would be if it did not come so immediately into contact with the fire in its raw state, which renders it impossible to cook it with the same uniformity and neatness that can be done by roasting:

*Stewing*, I think is the next best mode, it deprives the meat of some of its chymical juices, but leaves it very palatable and wholesome.

*Baking* if well done is next, it is very similar to roasting, where the vapor can escape from the vessel in which it is baked.

*Frying*, if not in too much grease, is next best, but it is too common a practice to soak it in fat, and at the same time, so parch the outside that the meat is rendered almost entirely indigestible.

*Boiling* is highly esteemed by some, and in this I may be mistaken, but I think it the last plan of preparing meat. It deprives it of all its nutritive juices by the constant motion of the steam and hot water washing through it, which leaves it in a dead hard state for the stomach to manage. For after being well boiled it is void of almost any stimulating property to assist the

organs of digestion. But it renders vegetables very palatable and wholesome. All cooking should be done with a medium briskness. If performed too slowly and with a mean fire, it becomes withered, tough, bad tasted and unwholesome: and if too briskly, the juices are not uniformly diffused through it, nor the parts evenly cooked, which makes it equally improper for use.

The mode of *rare* cooking of meats (which I call *raw*) is too common in the cities and large towns of America. They will rail out at our plain country cooks for bad cooking, and at the same time I have seen their own tables spread daily with beef, mutton, pork, fowls and fish, with the blood running from them: such cooking is undoubtedly very unwholesome, and nothing but *overstrained refinement* and habit can make it palatable.

*Times of eating and quantity.*—As to these matters they cannot be regulated only by constitutions, circumstances and requisitions. There is a vast difference in persons, some require a great deal more food than others. Some need it more frequently, and at the same time less will answer their demands.

The best rules for eating, are, to have your meals regularly and never suffer yourself to fast too long, nor eat heavy suppers. Your breakfast should be something substantial. Long fasting is very injurious, producing colic, sick-head-aches, costiveness, &c. After all rational persons have arrived at mature age they are sufficiently acquainted with themselves by a little attention to know what kinds and qualities of diets best agree with them, and consequently, if they be heads of families, should have a similar knowledge of its several branches. They should therefore use the kinds and at such times as best agree with them.

*Condiments*, are substances that we use to correct the properties of food, and assist digestion. Salt is one of the most useful and indispensable condiments we have. It preserves meats, prevents food from sour-

ing in our stomachs and assists in stimulating the digestive organs into action. It dissolves the tough, gluey, substances of meat—also the fat of meats. It excites and causes a flow of the gastric fluid, and also of the bowels which are dissolvents of our food. The use of it keeps up an invisible perspiration which the laws of health require. Vinegar is useful, with many vegetables to some persons, while others dare not use it—of this you will be your own judges. As a preserver of vegetables, it is very excellent.

We might mention several other useful articles such as spices, pepper, mustard oil, &c.

Pepper is very good in stimulating the digestive organs into action, exciting perspiration, &c., and so is mustard.

*Of Clothing.*—The five principle articles of clothing are cotton, wool, flax, silk and leather.

Cotton of some kind is the best inner clothing in all climates, particularly in very warm temperatures. It is the most suitable for women and children. The first under-dressing that goes on an infant should be of cotton, and next it, flannel, or woollen. Cotton is preferable to linnen, because, it is a very slow conductor of the external heat to the body, in hot weather, and equally slow in obstructing heat from the body in cold weather. Thus it keeps up an equilibrium, or in other words an equal state of the blood and regular perspiration, consequently we are not much affected by the sudden changes of weather while we have cotton clothing next to our skin. It is very soft and agreeable to the skin, by readily receiving or absorbing the perspirable matter or sweat, as it passes from the body. All weakly and consumptive persons should wear it, or very fine flannel. Flannel is more irritating to the skin, besides unless it be extremely fine, its furze, or spicula as it is called, prevent it from lying as close to the skin as cotton, and absorbing the sweat as readily. But in some cases good fine flannel is perhaps the best; for instance, where much perspiration is necessary in old

bowel complaints, gout, rheumatism, and to the weakly, or phlegmatic as they are called: Particularly to those in the decline of life; and persons recovering from long spells of sickness. The flannel acts nearly every way on the same principles that the cotton does.

The use of linnen is so much encouraged, and has been so fashionable for many years, that every body seems afraid to oppose the measures. For my part, I know it to be a very unwholesome article worn next the skin, and should be abandoned by all who are not full of blood and very robust. For many years I used nothing else, and suffered severely from it: after which I continued the use of good cotton by which my health and vigor was greatly improved. Linnen very suddenly transmits or lets pass the heat of the air to the body, which produces copious sweat; this sweat is not readily absorbed again by the linnen, as it is by flannel, or cotton, but the body remains wet and unpleasant, and if a sudden change take place, or even a cool breeze, it is sensibly felt, and a weakly person thrown into a chill, which often terminates in some dangerous disease. In cold weather, with the same facility the cold air passes through linnen to the body. And when it is in contact with the body, it is a very ready conductor of the bodily heat, or in other language, the heat of the body is very readily obstructed by it and transmitted through the linnen.

Woolen is best for the foot, particularly for those subject to cold feet. It is excellent for overcloths in cold climates.—Flannel or woolen of any sort should be often changed, cleanly washed and well dried in the open air or sun. Drying by the fire, shrinks, and makes it hard and knotty. Fur is thought by some to be good, but it excites the skin, and produces an overportion of sweat, and at the same time is of too close a nature to let that perspired matter escape from the body, as flannel or cotton would do. Silk is only fit for outward and ornamental garments.

Leather nature designates for the feet. Nothing we



can wear with the same comfort and convenience, shields them so safely on all occasions, as good leather.

*General observations on Clothing.*—All kinds of clothing should be made loose, and easy, so as not to cramp or bind any part of the body. They should also be made of pliant materials so as not to prevent free use of the limbs. Hats ought not to be tight on the head, if they are they produce head-ache and other ill feelings.

The warmth of our clothes should be suited to the age, constitution and seasons. Always have them of such quality as will render you neither too hot nor too cold. Tight waistcoats, stockings, shoes, &c., should be avoided. They obstruct free circulation of the fluids, and endanger health. Tight stockings in cold weather make your feet much colder than those of a moderate size. Tight shoes and boots not only make your feet colder, but from the obstruction of a regular flow of blood through the feet too great a quantity is forced into the head and eyes, which soon brings on a weakness and soreness of the eyes. If any of you doubt this fact, you can soon make the experiment.

No fresh clothing should be put on without airing or drying by the fire. But say they this shirt, or these stockings have been washed for many days or weeks—no odds, they are just as dangerous as if they had only been washed one hour, because, if folded up and laid away they absorb a large portion of humidity, or of dampness, which must be dried out, before they are worn.

More young persons injure their healths by imprudently putting on damp inner garments, and lying on damp sheets, than by almost any other carelessness.

Young ladies in particular, are very apt indeed, when in a hurry, dressing for balls, churches, &c., to put on damp under cloths and stockings. Here much rests with their mothers. Laced jackets are used much to the injury of the health, and yet because they are so

fashionable, and because vain and silly young persons are so infatuated with it, that our modern authors all let them pass unnoticed. It certainly is one of the most silly and dangerous practices, that belong to human dressing. It not only obstructs the general circulation of the fluids, but oppresses the motion of the heart and lungs, so as to produce the greatest difficulty of breathing—compresses the stomach and oppresses every part of the system—consequently, brings on consumption, deformities, and many other desperate complaints;—its ravages do not stop here, but powerfully impair the minds of many. It is remarkably strange that parents will indulge and even encourage such abominable and destructive notions. How is it possible that any one can think tight lacing adds to her beauty, or would please the fancy of any person of sound reason and good taste? To see a lady squeezed out of her natural shape, till she almost resembles the *insect* part of creation, with her bosom heaving, and she gasping for breath as if it were the last effort that she was able to make? Ask why they use this practice, and they answer, that they feel braced and nimble—strengthened by it, and when they are unlaced they feel dreadful bad and even pained in the breast. This is the fact about their feelings; they commonly begin to lace at so early an age that they know nothing about their real feelings previous to that time, and after continuing in the practice for several years, they think they look beautiful, and that if unlaced, they look horribe to every body, this idea in part makes them actually as they believe, feel badly. And in fact, if you bandage your arm or any limb for a while, when you first remove that bandage, you have a disagreeable feeling, because, circulation has been obstructed through those parts till the vessels have become contracted and debilitated in—somuch that they have but little power to propel the fluids through them.—Then of course they have bad feelings, but let them bear those feelings a little while, without lacing so tightly, and they will soon give way to

those of a more wholesome and natural kind. Lying in bed with the clothes tight, if possible is worse than wearing them through the day. Sitting in churches and crowded assemblies in this condition is dreadful.

In a large assembly once, I saw a very genteel young lady faint away from too tight lacing; her friends rushed forward to assist her; and while some were using water; some smelling bottles, and some, more thoughtful wanted to cut her jacket-strings, two of her female friends, who were laced up in the same manner, most violently opposed the last measure, declaring it was nothing but a little fresh air the poor thing wanted and being not able to stoop to her assistance, but while standing over her as stiff as stakes rattling their fans, they both fell under the influence of the same complaint, which proved very satisfactory to them that it was nothing but tight lacing. My dear matrons and sweet girls, do not be offended at what I have said, for there is no gentleman who likes to see the *fair daughters* of America look neat and beautiful better than your humble servant. And now my dear ladies, if you must continue in this practice, I beseech you, exercise a little more moderation.

Changing flannel should be done with much caution. The best time to change it, is of a morning before you get out of bed, while the system is perfectly cool and the pores closed. It should not be taken off till the season is permanently changed.

Children are often made sick, by dressing them too warmly. in order to make them appear fine in company, and as soon as they return home perhaps will take the most of it off and expose them to the open air. This is very dangerous; they should be only comfortably dressed on all occasions.

*Of Air.*—To man and all animals above water, good air is as assential as good water is to fish, and more so. Many people think much about clothing, drink, &c., but pay but little regard to the air they breathe.

All unwholesome air should be avoided as much as practicable. The air of large towns, and large crowded assemblies, whether in doors or out, confined air, such as that in cellars, dungeons, small tight rooms, &c., is very injurious to health; that of pits in mines, wells, &c., is also dangerous, and should be carefully

avoided. Air intensely hot or extremely cold is equally deleterious and should be equally avoided, particularly by delicate constitutions.

Many people think city air is wholesome but this is a great mistake, for it certainly is breathed over and over till its vital property is destroyed. Not only this, but the many putrified substances, and other nauseous matter, greatly adds to the contamination of city air. And no odds what may be the cause, if air be stagnated it becomes unwholesome.

Consumptive, asthmatic and hyppo'd persons should all avoid city air.

Air confined in apartments where there is much fire is dangerous; also air that is much filled with smoke, too damp or too dry is not good. It is a great mistake that high mountaneous air is wholesome; it is too keen and penetrating for weak constitutions, and the consumptive should be particularly cautious of it.

Night air is very dangerous to health, but not so much so as the air between sunset and dark, an hour after dark, and that between daylight and sun rise. Because at the first period, the miasmata, or impure vapors which have ascended through the day are about that time descending in their greatest quantities; and at the latter, the dew has fallen so as to deprive the atmosphere of too great a proportion of its hydrogen or watery property, and also abstracts too much of the principle of heat, or what is called oxygen gas from it, consequently leaves the air in a cold, dead state. Bad air produces much and frequent injuries by breathing it. A weakly person will expose himself to the cold or damp air, and because he is comfortably clad, and did not suffer any inconvenience from the condition of the atmosphere while in it, he wonders how it is that he takes such a bad cold. I can tell him, it is through the lungs. Therefore all persons, particularly those of delicate habits, should when forced into cold night air, especially after having been shut up in a warm room, or in bed, when they first go out, put a thin handker-



chief over their mouth and nose and breathe through that a while, till the lungs become gradually prepared to receive the cold air. About one gallon of good pure atmospheric air is thought by physicians, to be the proper quantity for a grown person to breathe every minute. Then either in crowded or heated rooms, those in them, must suffer for that air. Shops of every kind, and store rooms are mostly too close, for the purpose of concealing the quality of their goods. Thus they make a penny and destroy their health. All houses should be ventilated or aired well. It is not much short of murder, to coop criminals up in dungeons where they get no fresh air, and should not be tolerated by any legislative authority. Let them be innocent or guilty, the matter has to be tested, and even then during their imprisonment they should have a good supply of pure air and water.

In several hospitals which I have visited in the U. S. I have found the apartments not sufficiently supplied with fresh air. We should above all places, keep the rooms of the sick well aired. I mean just so much as to render the sick comfortable; particularly in fevers. This old fashioned way of shutting up the rooms of the sick, and *smothering* them to death, is abominable and should be abandoned. All strong currents of air should be very cautiously avoided; never sit or lie in the wind passing through a window or small door, especially while warm or in a state of perspiration. Nothing is more dangerous; you had better be in the open air or even in a large door.

Many people take their deaths from these very causes; being very warm and tired, sit or lie down in the current of a window, and before they are aware of it, their blood is chilled and perhaps it is too late for a remedy before they know the cause.

Also from going into wells, caves, rock springs &c. and lying down and cooling in the cool air while hot.

**Exercise.**—Moderate and regular exercise is as necessary, from our infancy, to lay the foundation of a sound and vigorous constitution as any thing we can attend to in nature. It keeps up a regular circulation of the fluids, and both by the stimulus, and friction or rubbing of our clothing on the surface of the body, a gentle perspiration is carried on agreeably to the laws

of nature. By these means we prevent diseases of the glands, of the lungs, liver, kidneys &c.

Exercise increases the strength of our nerves, of our muscles, of our sinews (tendons) and invigorates every fibre of the whole system. Only look at country children who are raised to industrious habits and exercise on farms, how much more active and stont they are than those of large Towns, where they are cooped up in small shops.—Look at the difference, between the rich and indolent, and those who labor for their living while the idol and opulent complain of ill feelings and nervous weakness, the man of moderate exercise is vigorous and his blood vessels and muscles swelled with strength. Neither children, nor any body else should be forced into too great exercise, for by that you exhaust your strength, and debilitate your energies. But the exercise of all persons must be governed by the feelings. It is impossible for any medical man to point out the precise *quantity* of exercise for each person to use. The best general rule is, particularly for weakly people, to take first as much exercise, daily, as they feel comfortable under, and so as not to fatigue or exhaust the system too much. Those who live in large towns and cities may either walk, ride on horse-back, or in a carriage, as they may choose, but in a carriage they commonly receive the purest air, and the mind is more agreeably entertained. Persons of weak nerves, and those of melancholy disposition have much need of daily exercise in open pure air. All studious persons should not forget nor neglect the very important necessity of taking a little exercise every day: it gives vigor to the system and new springs to the imagination. We not only see the great benefit of proper exercise among man-kind from their infancy but also among the *brute* creation. A horse that is raised in the woods or pastures on hard firm ground, we find possessed of much harder bones, stronger nerves and more firm and closer muscles than one that is raised in soft meadows. Observe the mechanic, who works regularly, so as not to exhaust

his strength, how much stronger and more vigorous he is than one who does not labor. The blacksmith and persons who use plains, perhaps are the best examples. What powerful grips they have in their hands, and strength in their shoulders and arms; also notice persons who follow rowing boats and such like exercise. A sedentary or inactive life is the cause of many diseases, such as bilious habits liver-complaints, indigestion, or weak stomach, depressed spirits, nervous diseases, consumptions, and many others. But by a due portion of exercise, these may be prevented and even many times cured. Exercise, assists the stomach in digesting our food, and in enabling the bowels to throw off the crude parts which are not fit for nourishment. It opens every pore, and vessel of the system. Thus the internal absorbent vessels which suck the nutritious matter from our food, are opened for its reception, and the external vessels or pores of the skin so distended as to discharge all perspirable matter, or sweat, with ease. By proper exercise, the blood vessels are kept distended so as readily to receive their supplies which the laws of healthful circulation require.

By the moderate exercise of the lungs they are much strengthened, this is clearly observed in singers and public speakers who act frequently. In fine, it not only invigorates every bone, muscle tendon, nerve and fibre of our whole system, but it also, increases the powers of the mind, expands every flight of imagination, gives us clear views of subjects, enlivens our sensibilities, brightens our prospects and facilitates all our perceptions.

The great Cyrus of Persia, made it a rule among his people, that they should never eat, but after labor. This exercise gave tone to their appetites, and kept them healthy.

By proper exercise we are prepared for our daily food and for our sleep at night, the soundness and pleasantness of which, is greatly increased by it. In fact it increases our every enjoyment of life, by keeping up

a proper balance (equilibrium) in the whole system. And not only keeps us in good health, but assists in prolonging our lives to a good old age.

I have known several cases of liver-complaints and pulmonary consumptions cured *mostly* by *exercise*. Also of weak nerves. But if the afflicted be very weak his exercise should be very moderate at first, gradually increasing it as his strength will bear.

*Sleep.*—Without sleep we cannot live. In the course of the day all our animal powers become exhausted or impaired, and at the return of night, the great restorer, *sleep*, is welcomed in to repair the drooping energies of both mind and body. When we are asleep all the active and voluntary powers, such as walking, seeing, hearing &c. are in a perfect state of relaxation and rest; while on the other hand, the involuntary powers, the circulation, digestion, &c. are proportionally increased, in activity and regularity. For instance the heart continues its motion and keeps up a more uniform circulation throughout the system in the sleeping person, than when awake, consequently, perspiration is more regular and copious in a person when asleep than when awake, in the same temperature, or degree of heat. The question has often been asked me, why it was that a person might lie down in day-time on the same bed for hours, without sweating, but directly when he falls asleep he begins to sweat? The answer is plain, on the above principles, that our several senses are at rest, and the circulation increased. The office of digestion and respiration, or breathing, are certainly more regularly continued in sleep. All young animals grow faster, in sleep than when awake; and it has been said by many writers that all animals after sleeping soundly through the night, are taller in the morning when they rise, than when they laid down. This may be true as respects both young and adults, but it does not prove that they grow during that time. It only proves that the gristly substances which connect the joints, are compressed from their weight through the



day; and during the relaxation of the night, the substance becomes expanded again to its usual size.

Children require more sleep than adults, and should be indulged in it, particularly of a morning. It is barbarous to be hurrying & dragging children out of bed, as is the practice with many, before they are half refreshed with sleep. Thus roused before you have completed your nap, and you are dull and sluggish all day. On the other hand, too much sleep is equally pernicious to health. It is astonishing and abominable, to see people wallowing and groaning over head and ears in feathers of a hot summer's morning, till breakfast!!

This is a very common practice throughout these U. States; and here let me intreat you to abandon the practice, while I point out a more salutary course. Have a mattress made of straw, hay, long moss, shucks, hair or any thing of the kind, and when you go to bed never have more cover than just enough to render you comfortable, all night, because more than that obstructs the perspirable matter from making its escape from your body, and renders you very unpleasant. It is better to sleep rather cold, than too hot. Your bed room should be well ventilated, that is have plenty of fresh air. In the morning rise early, and take a due portion of exercise. In the winter or cold season, treat yourself to a feather bed, but never forget the rule about your covering and ventilating your room at any season.

As to the quantity of sleep, necessary for each person every 24 hours it is hard to decide. Most physicians agree that from 6 to 8 hours will be sufficient: But people differ just as much in their requisitions for sleep as they do in quantity of food. While some will be perfectly satisfied with 5 hours, others require 9 or 10. The nervous and weakly require more than the robust and healthy, and unfortunately, their indulgence is too great. The best rule, is, to ascertain how much sleep you really need, and when ever you have obtained that quantum, rise from your bed, and not lie dosing

and yawning in order to force yourself into frightful dreams and painful slumbers!

The great and celebrated John Wesley, says that he had for some time been in the habit of waking every night about 12 or 1, and concluded that it was caused by lying in bed longer than nature required. Consequently he had an alarm which awaked him next morning at 7, nearly an hour earlier than he had awaked before; yet he could not go to sleep! Next morning he arose at 6, but lay awake the second night. The 3d morning he arose at 5, nevertheless, he lay awake the third night. The 4th morning he arose at 4, and lying awake no more, found that was the time that suited him to rise, and for sixty years continued the practice of rising at that hour, and says he never afterwards the year round, lay awake of a morning a quarter of an hour together in a month. His time of going to bed, was 10, which made 6 hours' sleep, which was sufficient for him.

But on the other hand we see that the celebrated surgeon, John Hunter, besides his usual quantity of sleep at night, was in the habit every day, immediately after dinner, of sleeping one hour. Thus we find that different persons vary, more in the quantity of sleep necessary for their health and comfort, than is commonly, admitted by the best authors. Dr. Darwin in his *Zoonomia* Vol. 4, page 137 says, that "feeble people digest their dinner best if they lie down and sleep, as most animals do when their stomach is full." This I am disposed to think in general, is true, but there may be some exceptions with some persons who labor under indigestion. Nothing refreshes both body and mind so much as a good sound nap of sleep, when either has been exhausted or fatigued. But the mental as well as the physical faculties, may be so fatigued as to preclude sleep. The studious and literary class should guard against this, and always go to rest at a proper hour. Sitting up half the night, and making up lost time, by sleeping in the morning is very improper with any body.

There is no time for sleeping, so congenial to health and long life, as in the night. From the very circumstance of the cheering and exhilarating rays of the sun being withdrawn from us and the gloomy shrouds of darkness thrown around us, depriving us of our sight, and capacity for transacting our business, is sufficient proof, that nature intended night for our time of repose. At the approach of night our very muscles and nerves incline to rest whether we have exercised much or not. And most animated beings, by instinct, know it is the time for rest. When the chirping of the birds is hushed, the busy hum of the bell, and the rattling of a leaf is scarcely heard, nature bids us "go to rest!" The very atmosphere we breathe through the day is more dry and salubrious, than the damp floating vapours (effluvia) of night, which teaches us we should be at rest.

Valangin says, two Cols. of the French army had disputed which was the best time of day for marching, and sleep. Their commanding officer agreed as it was an important subject in a military point of view, to let them try the experiment. They started in the heat of summer, one of them travelled all day and rested at night, to the end of a march of 600 miles without the loss of man or horse. While the other who travelled at night and rested by day, had lost most of his horses and several men.

The practice of warming beds is very improper, for by its direct influence, it relaxes and debilitates the system: But to get into a cool bed, first contracts, or shuts the pores, and in a few moments as you become warmer those pores are opened, from which, a considerable quantity of perspirable matter, or invisible sweat is discharged. Thus the system reacts, and unloads itself of a burthen, which if retained would have rendered you restless and unpleasant all night, but now you are prepared for the most refreshing sleep and pleasant dreams. We would say something on the subject of procuring sleep for the sick, but as this part of the work is intended only as a preventive of bad health, we will only observe that the rooms of the sick should

he kept quiet and every means used to encourage and console the patient so as to cheer and quit his mind. There is more relief afforded to a sick person by a few hours' good natural (for I do not mean forced) sleep than almost any thing in nature.

**HOPE.**—From the anticipation of hope, we derive more pleasures, than we do from all the rest of our passions. It matters not, in what vocation we embark, or may be employed thro' life, it is our anchor, to the last breath! We are supported by hope in every difficulty—from the most humble in community up to the highest station in life. It may be said that it is fortitude which enables us to bear all the toils, tumults, pains and vexations, which we encounter, while passing thro' the trying scenes of this troublesome world! This is very true, but what is fortitude? It is the mere effect of hope itself, and without hope we should be destitute of fortitude. Look at even the savage, while creeping thro' the swamp and cave, while ranging the forest and climbing the lofty mountains in pursuit of his game, is he not imprest with the most lively pleasures from a hope that he will shortly be in possession of his desired object. What vast and exquisite pleasures to the man in domestic life, to see all his business in a prosperous condition, and all from the *hope* that his prosperity will enable him the better to provide for the *dear* and *kind* friend of his bosom, and their tender offspring. On the other hand, if in adversity, he feeds himself on the pleasures of a hope, that his circumstances will shortly change for the better. The proud aspirant, while grasping after some highly lucrative, or honorable station in life, enjoys the boundless pleasures of a *hope* that his fulfilment of that office, will greatly enrich his purse, or crown his name with immortal honors.

Thus we see that hope is rather productive of salutary effects both on our bodies and minds, differing in this respect, from all our other passions. Through all



the winding vicissitudes of life, both prosperous and calamitous, we are sustained by a hope of either adding to our comforts, or of a fortunate change. If a friend in time of need confers on us a favor, with what anxious and grateful hope do we look forward to the time when we can return that kindness. When seized with the excruciating pains of disease, we are supported both by a hope of recovery, and the cheering hope of reciprocating the many kindnesses bestowed on us by the melting heart and tender hand of the dear companions of our bosoms! But above all, behold the man of God, walking in the paths of Christianity!—While travelling through this dark *vale of tears*, amidst all his snares, trials and conflicts, he is impressed with the hope, that he will yet enjoy some peace and good will of men, even while on earth! and that when in the last agonizing struggle of death, he bids adieu to every thing on this troublesome earth, his soul is filled with the bright and ineffable Hope, of eternal enjoyments, in the presence of a wise and benificent God!!

**JOY**—Is the result of both Love and Hope; because we must first love the object, and then hope for the possession before we obtain it. Yet there seems to be a necessity of hastily or suddenly receiving or getting in possession of it, whether real or imaginary, in order to exercise the passion of joy. For if we be placed in the possession of it, in a prudent and dispassionate manner, it only produces a pleasurable and happy feeling, without exciting that ungoverned burst of passion called joy. By a slight joyful sensation, our systems and minds may be exhilarated, and thereby benefitted. But when joy rushes on us unawares, it has a simultaneous and pernicious influence, both on our mental and physical faculties. It so powerfully touches every sensibility, and concentrates the efforts of all our energies, that it shocks our reason, and paralyzes every nerve! By these operations, many times the whole system is

so convulsed, that circulation is so retarded, and breathing so oppressed, that the subject falls a victim to mere joy! And at best, we are left in a state of debility and derangement, both of body and mind, from which we do not readily recover. Great precautions, particularly with the sick, should be used in preparing the mind for the reception of objects which are calculated to produce these effects. Persons of weak nerves and tender hearts, are most subject to these violent passions.

**FEAR.**—This is one amongst the most ungovernable passions to which man is subject; for in most instances, the coward seems to have been born with the principle. As a proof of this assertion, you will observe some families, most of whom, and their *descendants* are cowardly, unless *their* nature be changed by intermarrying with persons of different dispositions. On the contrary, we see family connexions, mostly brave and resolute from their very infancy. On the brave man, neither lack of education, nor habits of life have but little influence. Neither will education or habit make a coward brave. Notwithstanding points of honor, or necessity may force him into brave acts or battle, yet he was afraid all the time; and nothing but compulsion (or as he thought, choosing the least of two evils) drove him to the task. And all the arguments you could advance to the coward, aside from the above causes, would have no more influence in removing his fears, than the gentle gales of the evening would have, in levelling down the Alpine mountains. In fact, cowardice is an involuntary passion, so far beyond our control, that even if it could be reasoned off into apparent acts of bravery, yet in his very soul, as I remarked above, he has the same dastardly feelings, while he merely acts the hypocrite! Does any man believe that the reproofs of Napoleon, at the battle of Waterloo, inspired his peasant guide with true and undaunted feelings of courage? He might have been brave at first; and the bravest man in life, on his first engagement in

dangerous battle, may receive an uncontrollable, momentary shock; or he might have been induced from circumstances, coward as he was, to have acted the hypocrite! Hear the confessions of many of the great duellists of the world, who acknowledge they were always afraid, notwithstanding the many duels they had fought, and conquests they had made. Yet this, even successful practice, never made them fearless! This passion has a dreadful influence on the human system, and worse on the mental faculties. Some persons are of such a temperament and peculiarity of composition, that they are very subject to violent shocks of fear, even from the most trifling causes, who are otherwise truly brave. This disposition may be considerably changed by a due course of vigilance, and firm exercise of reason. ' Also by reflection, resolution and correct comparison of ideas. No passion has a more powerful agency in producing diseases than fear. It has a direct and instantaneous tendency to produce spasms on the whole system; the nerves become tremorous; the voice falters from the oppression of the lungs; the urinary organs lose their power of retaining their contents; also the bowels in many instances. The stomach is contracted and disordered; the whole frame is shaken to the very centre; while the blood ceases to flow, and the heart is stilled in its motion! Under the influence of fear, many persons fall lifeless, or linger out their days in both mental and bodily derangement. Pregnant females should use every possible precaution not to be suddenly frightened; nothing is more dangerous.

Many persons labor under great pain and uneasiness, from the approach, or existence of imaginary danger; when in reality there is nothing to be afraid of. For instance, the fear of an enemy; the loss of property, a friend, or some evil, which in truth does not exist. This kind of fear is childish, and may be avoided by the proper exercise of our reason and judgment, by which we may compare the nature and powers of things together. Children should be taught this lesson of rea-

soning, so as not to be frightened at trifles. For they are many times thrown into violent spasms, and even into lingering diseases, as well as grown people, by fear. The horrible and dreadful fear of death, brings many complaints on the human family. It is a most melancholy thing indeed; and certainly might be much governed by people of sense. If they be so afraid of death, why not prepare for it, and not sit ruminating over the subject, in stupid disorder, all their lives, till death takes them on surprise!! Let them live an upright life, with a heart devoted to God, and those fears will vanish, as does the morning dew, from the effulgent rays of the rising sun!!

**LOVE.**—As this passion is not very productive of bad effects on the health, when properly controlled or of a proper kind, there need be but little said on the subject. If confined within its proper limits, with due regard to its objects, it has a salutary influence on the mind of every rational being. We are commanded to exercise this passion, in Holy Writ, which is a sufficient proof of its excellency. Thus we should love our parents, our companions and children, and even our *enemies*; and above all, our God and heavenly things. This kind of love thro' pure motives, directed to meritorious objects, is not only conducive to health and happiness, but is highly commendable, and very desirable. It precludes from our propensities and wishes, all inducements towards improper motives and dangerous objects. By these means, we are enabled to exercise a tranquility of mind, a sweetness of temper, and a fascination of manners, which will render both ourselves and those with whom we associate, agreeable and happy. Such love as this is pure and genuine; but I notice in the works of some writers, when speaking on this subject, they digress from the true intent of the matter, and fall into a discussion of most of the other passions. Telling long love-stories, and giving poetic sketches, is not laying this commendable passion before the rea-



der; but you hear of little else than disappointed love, and perplexity of mind, which amounts to nothing more than a mixture of grief, hatred, despair, hope, anger, &c. If these things were love, the subject would have but few charms; for the mind of the intelligent reader would meet the very idea of such love with the most repulsive power.

But without a true philanthropic love, we are worse than blanks in society. What is the misanthropist? Why he is worse than the *devil*; his heart is as hard as a flint; he is devoid of all charitable and humane feelings; he hates all mankind with a bitter hatred, which renders himself miserable beyond comprehension. Under the impressions of such feelings, he soon becomes unfit for social circles, and dwindles into *nothing*! or, I might have said, into *a something*—ten thousand times worse than *nothing*! The miser may love his old rusty dollars; the aspirant may love false honor, &c.; but such love does not emanate from pure motives. Nothing renders mankind so perfectly happy, as pure, heartfelt love, “towards God and man!” Thus you may see, in the most humble and otherwise apparently miserable conditions in human life, the most perfectly contented of creation. See the kind and tender couple, though stripped of every thing else that this world can afford, and yet from a true knowledge of each others’ pure hearts, and boundless and inseparable love, their happiness is complete. Love is an unavoidable thing with some; for on first sight of an object that acts on this passion, they cannot repel its alluring powers—while on the contrary, the moment some objects present themselves, we are disgusted and hate their sight.

ANGER.—Although this is one of the most powerful and dangerous passions, both to ourselves and to the objects of our wrath—yet we have as much or more power in governing it than any other, to a certain extent. It commits its ravages on all classes, ages and circles of life, from the cottage to the palace. As self-

government and habit are the best preventives of this dreadful and frightful monster, how early and cautiously should examples of mildness and good humor be set before children by their parents. They should be taught to control that passion above all things—for you may plainly observe the pernicious effects which anger produces on a child when indulged in it, as well as on a person of mature age. This passion disqualifies its subject for all kinds of business, or social intercourse with his fellow-beings, and renders him miserable to himself and family—and in many instances is the cause of even death itself! A number of instances might be mentioned in which anger had caused instant dissolution.

Two cases I remember well, which occurred in East Tennessee a few years ago. One of the men was by the name of Black, who was in perfect health, and in a sudden fit of anger, from wanting to fight some person with whom he was quarrelling, on being prevented, fell dead on the ground!

The other, Mr. —, who from whipping a plough-horse, became so enraged that he died immediately! But suppose such men could live a little longer; the consequences might be double as great from the same emotion of passion, for they might destroy the intended object of anger before they sunk under it themselves!

Such passions as these may be greatly controlled by reflecting on past transactions of the kind, and studying the deleterious influence which they have, not only on our bodily health, but on the mind, and many times on even the very soul itself! How much should the female part of the community, who are the ornaments of society, take this matter to heart; for they too are its victims. Not that they are more censurable than the other sex, but it certainly will fill the breast of any humane person with the most horrible and pitiable feelings to see a sweet and lovely female, acting under the impulse of anger. For instance, to see her (as she would say) flogging a servant, banging away with the poker, the tongs, or something worse, making the blood

fly with one hand, and the wool with the other; her hair set on end; her eyes flashing fire; her voice loud and frightful, but faltering; and every feature distorted into a grin of horror; while the poor devil *cries* murder, in the highest degree! Merciful God, could any thing arouse such feelings in the human heart, except to see a *degraded debauchee* in a violent fit of brutal anger, abusing the tender companion of his bosom! who perhaps had calmly borne mountains of oppression, and shed floods of tears, under the influence of his *demon* passion!! For a moment, figure to yourself such a being, with his hair full of ashes and feathers; his clothing smeared with dirt and grease; a large black bottle of whiskey, with the neck sticking out of his pocket; his face covered with blacking from some grog-shop; his eyes rolling like two balls of fire, and volleys of the most heart-rending oaths rushing out of his foaming mouth! And yet a little worse. After breaking every thing he can lay his ruthless hands upon, he lays hold of his wife's hair with a deathly grasp; while with the other he draws a knife or some deadly weapon over her throat or head, with threats too frightful to mention, in order to prevent her from alarming her neighbors. Thus, while her poor bosom is beating with throbs that would burst the heart of any body but those accustomed to the treatment, he commences knocking, kicking and beating her beyond the description of man! while her frightened infants utter shrieks and moans that would melt the heart of the basest demon. Oh, Heavens and earth what a monster! I should not have drawn this last figure, but as there is no treatise in this work on intemperance, here seemed to be a very suitable place to give my reader a faint view of it, in connection with the passion anger—which is so certain to follow intemperance.

**JEALOUSY**—By most writers, has been treated of as a passion. If it be one, it is the basest that is known to man! To me, jealousy appears to be a composition

of the several passions—of love, fear, hope, hatred, anger and grief. This is a new idea; but I think the fact can be satisfactorily established, on the following grounds:—First, because there must be an object for you to love, or else you have nothing to be jealous of. Secondly, there must be a fear, either that the object will not be obtained, or enjoyed to the extent of your wishes. Thirdly, at the same time you have a hope that the object will be fully realized. Fourthly, there is some interposing cause or person which or whom you hate. Consequently, in the fifth place, you grow angry—and sixthly, you are thrown into a state of grief. Thus laboring under the combined influence of all the passions, your case becomes dreadful indeed! What a deathly influence this state of feeling will exercise over both the moral and physical faculties. It preys day and night on the very vitals of its subject, till he sinks into a state of stupid melancholy. His nervous system is first weakened; his digestive organs lose their energies; his stomach its tone; the pores of his system become closed, and his very heart ceases to beat its healthy motion, and refuses to propel the blood through its lawful channels! while the whole mind is absorbed in deep thought; all about less, or worse than nothing.

Thus when a poor *devil* becomes a sacrifice at the *altar of Jealousy*, he can neither eat, work nor sleep; and is it possible that he could either enjoy, or afford any enjoyments to the object of his passion? Under these feelings and frantic state of mind, what is left to the conjectures of his insanity too base for him to perpetrate? He destroys his property, his reputation, the comforts and happiness of his family and friends, and then often destroys the life of his companion, and commits suicide!! On this subject, I speak in relation to its general consequences, not only in the humble haunts of domestic life, but also from those scenes up to the higher circles of the statesman, the politician, &c. &c. I do not wish to be understood as saying that every body labors under this passion; but that it finds its way



into the bosoms of some among all grades and parts of the world; and that its destructive influences are similar, wherever found, it matters not from what cause the principle may emanate.

This passion, I should think, might be avoided; or at worst, so governed as to produce but little injury. First, by quitting the pursuit of the object of Jealousy, and endeavoring to place your mind on one more desirable, remembering the vast extent and variety of similar objects in the world. By these means, if the object never has been obtained, but little can be lost. Secondly, if it be in possession, and you are thus miserable with it, abandon it immediately; for you cannot be more unhappy without it. And thirdly, by uniting all your moral energies, and reflecting, that if your condition be unchangeable, the better way will be to pursue the most honorable and placid course through your difficulties, that your best reason can dictate. For rest assured, that few, very few indeed, will pity your case. Nay, while your whining lamentations are heard with secret emotions of pleasure, you are viewed with the utmost contempt, and made the object of ridicule throughout the whole circle of your acquaintance.

**GRIEF**—Is founded either on mental or physical causes; by which I mean that a real cause does exist, or else the person merely imagines that he has a cause of grief. It is the result of disappointment in some way, or injury sustained. We may be in grief for loss of property, liberty or reputation; we may lose hopes of some bright prospects, then despair and grief are the consequences. We may be overwhelmed in grief for acts or past scenes of our lives, which can never be recalled. Whether grief proceeds from real or imaginary causes, the afflicting and destructive influence is the same, on the healthy action of our system. The digestive powers and tone of the stomach are soon destroyed; for you soon see the person in grief abstain from nourishment. And as the *stomach* is the *seat of sympathy*

thy, every other organ or viscus readily participates in the injury it has sustained. Consequently, we see obstructions of the liver and bile, or biliary system; oppression of the lungs, and weakness of the nerves—hence follow in train, sleepless nights, weak eyes, head-aches, costiveness, stagnation of the blood, palpitation of the heart, pain in the breast, consumption and death! This last description of grief and its effects on the mind and body, seem to run into extreme *melancholy* and insanity. For I must here observe, that there is a distinction between grief and melancholy; or that the latter is a modification, or the extreme of the former. We may fall into a state of melancholy, from fears relative to our future happiness, &c. We should use every means of lessening our grief, no matter from what source it has its origin, by avoiding the thoughts of our condition, as much as practicable. This we may effect in some measure, by associating with cheerful society, travelling, and even by labor. If it be caused by past acts of our lives, which are irrevocable, let us avoid a train of reflections on the subject, and flatter ourselves with a cheering hope of forgiveness. If from a cause which now exists, let us felicitate ourselves on the anticipation of a change of circumstances. If from future forebodings, let us so amend our lives, as to render us happy, and not be grieving our very souls out of existence! Let us guard against *grief*, by remembering that we are plainly told that this is “a world of sorrow.” Why destroy both health and happiness by grieving about a thing that we cannot help? The most distressing grief, I presume, is found in a family where one or both feel themselves unequally matched, and not fit for each others’ society, or worthy of their esteem and confidence; and yet from (perhaps) some inexplicable cause feel themselves bound together for life. Such a condition as this must render a person miserable beyond conception! and must have a most uncontrollable influence on the human mind. That these things do exist among the human family, we have daily and abundant

testimony, especially among even the fashionable people of large cities and towns—among those, too, whom a person unacquainted with human nature, would never suspect. 'There are more diseases produced from these causes, I have no doubt, than from almost any other.

I once visited a man, whose dark and gloomy countenance, with his head *prematurely* blossoming for the grave, and every other mark of melancholy grief, indicated that his disease was the result of sorrow; while his wife *tripped* over the floor with an air of cheerful levity! I suspected his cause of affliction; and modestly observed, "Sir, you must have suffered much, either from sickness or grief, to give you the appearance of old age, while you are but a youth." "Ah! my friend," said he, with a heavy sigh, "I have had a *miserable* share of both!"

How many of our *fair sex* do we see in the world, whose soft cheeks were once as smooth as the lily and red as a rose, and whose brilliant eyes once lighted up the whole countenance with the brightest beams of cheerfulness and joy, and seemed to give increased energies to the most healthful state of both soul and body. But now, her drooping spirits, her wrinkled brow, her pale and furrowed cheeks, and her dark, hollow and deep sunk eyes, worn dim with grief, tell us she is sick!! Ah! and of what? Of every thing, and nothing!! She applies for medical aid; takes medicine without weight or measure; but all in vain. She is still sick!—and let me tell her, she may use up the whole contents of an apothecary, without relief. For the mind is the part that is suffering under the baneful influence of *sorrow* and *grief*; and until the cause can be removed in such cases, I bid defiance to the powers of medicine. In this case, I think the influence of this passion, both on the moral and physical powers, is clearly shown; and now it rests with the sufferer to remove the cause if possible; or else, by firmness and resolution, to reconcile the circumstances and condition to the wounded and oppressed feelings in such cases.

*General Rules for Consumptive, Dyspeptic & Nervous.*

1. Shun bleeding, mercury and tartar emetic in any shape, as you would a mad dog.
2. And avoid every thing that produces great debility, either exertions or medicines.
3. Diets should be light and nourishing, and meals regular; mostly such as milk, eggs, honey, mush, rice, molasses, &c.
4. Exercise daily, actively but moderately, in open pure air, but not in the night.
5. Clothing flannel next the skin, the balance comfortable at all seasons, but not oppressive.
6. Use no ardent spirits, nor but little wine; but good well brewed beers.
7. Keep your head cool and your feet warm, by the warm bath at night, and rubbing them on the bottom with the flesh brush. Through the day wear woollen stockings.
8. Avoid sharp, keen winds at any seasons, and high bleak air, or low marshy atmosphere.
9. Never sit up late at night, but make your sleep regular, and your beds comfortable in winter, and cool in summer.
10. The tepid bath should occasionally be used, and friction, particularly over the stomach and belly.
11. Keep the bowels open by exercise, mild means, and by encouraging a passage, by making a timely effort once every day; and never retain your urine too long for the sake of modesty.
12. Avoid all perplexities and vexations, and be sure not to engage in political canvasses and controversies; and above all, if you are an old man, never marry a young, handsome wife.

N. B.—As to the use of spirits, some exceptions may be taken, as respects the nervous.



## PART III.

### MATERIALS OF MEDICINES—(*Materia Medica*.)

*When you hear Materia Medica spoken of, it means nothing more than simply the materials of Medicines.*

And God said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. I chap. 29 v.

We would not infer from the above language, that we should take it in a literal sense, but figuratively: meaning that all had been created and given us for some wise purpose—some for food, and some for medicines, &c. And an idea also seems to be held out, that we are not to be limited to a mere handful of these vegetables; but that we should have full scope among the whole of them, to make our selections, not only for food, but also when we need medicines, that we may know what kind will be the most safe and salutary remedies, and where and how to procure them with the greatest convenience and least expense. Neither do I believe we are confined to the vegetable kingdom in a medical point; but that the earth affords a vast number of minerals, which are of the highest medicinal utility. This fact is sufficiently proven, by the daily benefit received from them all over the world. You will therefore find both such minerals and vegetables laid down in this book as I have thought most important.

THE DEWBERRY BRIER (*Rubus Trivialis*), AND THE  
BLACKBERRY (*Rubus Villosus*.)

In speaking of these two articles, it is useless to separate them, as they possess the same medicinal qualities. The roots are very astringent, and not unpleasantly tasted. Take a handful of the roots, wash and boil them in milk or water, so as to make a strong tea, and

it is excellent in chronic, or old bowel complaints : particularly where the person afflicted has a debilitated or injured constitution, either from age or other causes. Because they not only act as an astringent, but they are good tonics. A handful of them put into a quart of good spirits, makes a good tonic bitter, where the stomach and bowels have become relaxed, in persons of weak habits. A tea made of the roots, is very good for sore mouth and throat, with the addition of a little honey. It is excellent for the thrash (aphthæ) in children. I have used it very successfully in all the above cases.

#### THE WHITE HICKORY BARK.

It is very remarkable indeed, to see a tree which is a native of almost every country, and possessing the most important medicinal virtues, so long escape the investigation of medical men. The bark (cortex) of this tree is, to my own knowledge, of the highest utility. It is both detergent, or cleansing, and drawing, or astringent. The inside of the bark, boiled on a slow fire till the substance is all out, then the bark thrown out, and the liquor reduced to the consistence of molasses, put into good rum, is certainly one of the best dressings for a cut (which is not too much inflamed) on earth. In this way it may be preserved as long as you keep it well stopped in good bottles, and is splendidly ornamental in a drug shop. It may be used on wounds by itself, with equal advantage to almost any thing, where some degree of astringency is requisite in the remedy. The proper mode of applying it is, to wet lint in it, and apply the lint as occasion requires. This is one of the best remedies in the world for a wound in which there are ruptured or cut blood vessels. If the lint be wet in it, and bound tightly on the wound, it stops almost any bleeding (hemorrhage) in a very short time.

#### PERSIMMON BARK (*Cortex*) AND FRUIT.

This tree is indigenous to most parts of the United States, and is well known to every class of people. The inner bark of the persimmon boiled, makes a use.

ful liquid, sweetened with honey, and used for sore throats and mouths. I have used it often, combined with other articles, made into a syrup with honey, in thrush (apthæ) of children, with the most certain and salutary effects. A decoction of the green fruit is also good in the above cases. It is very astringent, and said to be efficacious in the piles (hemorrhoids). used by wetting lint in the liquid, and introducing the lint up the lower gut (rectum). This remedy would be most salutary where bleeding had taken place.

#### THE CUCUMBER TREE—(*Cucumis Agrotis*.)

This is the tree known by the name of magnolia—it grows large, and is found in most rich, low forests in America. It has very large and oval, or tongue-shaped leaves; it bears a large fruit, somewhat in appearance like the pine-apple, filled with great seeds. The apple is from three to six or eight inches long, and nearly all the way of a size. In the latter end of summer, or in the autumn, this fruit ripens, and turns of a beautiful red color. It has an aromatic bitter taste; and either the bark or fruit makes a very valuable stomachic bitter (which means to strengthen the stomach), when put into good spirits. The inside bark should be dried in the shade, and so should the fruit; but they answer a very good purpose without drying. This bitter is good in dyspeptic habits; and if a very large quantity of either be put into spirits, and a good dram taken twice or thrice a day, it acts gently on the bowels; and is said to be good in chronic rheumatism (rheumatismus), more especially in phlegmatic or weakly habits.

#### PEPPER-MINT—(*Mentha Piprita*.)

Pepper-mint is a perennial plant, and will grow in any part of America; it needs no particular description. The common mode of administering it, is by infusion or decoction, the essential oil, the distilled water. The essence of pepper-mint is nothing more than the oil of pepper-mint, mixed with the rectified spirits of wine (alcohol). This any person may do; or you may make

a very good substitute for the alcohol, out of peach brandy. The essence of pepper-mint is a very valuable remedy in puking and purging (cholera morbus), or any obstinate vomiting or purging, where there is no inflammation in the bowels, for sick stomach (nausea), griping, colic, &c. Taken internally, and infused in spirits, or a decoction in water, applied warm to the stomach and belly, is excellent in the above cases. A few drops taken in spirits or water of a morning, is very good in hysterics and feeble feelings. Snuffing it, and rubbing the temples with it, relieves nervous headaches in some persons.

#### SPEAR-MINT—(*Mentha Viridis*.)

This plant is well known; it grows all over America. It possesses nearly the same properties that the pepper-mint does, but in a smaller degree. It has more of a bitterish taste. It is used for the same purposes as the above. The roots boiled, and tea sweetened with loaf sugar, perhaps surpasses any other preparation, either of it or pepper-mint, in puking and purging in infants (called cholera infantum).

#### THE HORSE-MINT.

Notwithstanding there is so little attention paid to this herb, and tho' it is so well known all over the world, yet it is possessed of many noble medicinal virtues. The tea made middling strong, is very excellent in weak bowels and stomachs. It acts well on the kidneys and urinary organs; excites or throws off a free, copious and pleasant discharge of urine, or water, in a very short time after drinking the tea. It is a good stomachic, or strengthening medicine to the stomach. A decoction or an infusion is good in colics, flatulency and hysterics (hysterica). Farriers give the tea of it to horses, to produce a copious flow of urine—hence the name horse mint. It is good to sweat with, in colds, fevers, &c.

#### SUMACH—(*Rhus Glabrum*), called *Shumack*, improperly.

Sumach is a shrub, or little tree, which is so well known in most parts of America, that I need say but lit-



tle about its appearance. The white sumach (for we may mention two species, the white and black) is the kind I shall here confine myself to. It does not grow so large as the black, and the bark is more of a cineritious or ash color. A strong decoction of the bark is a good purgative or cathartic medicine; also, it acts on the urinary organs. It is famous for washing old sores, and in ulcers of king's evil (scrofulas). The leaves are good to smoke in cases of asthma; the Indians use it much. In cases of gleet, or ulcerated bladder, a decoction, taken twice a day, a glass full at a time, is very excellent. It is good taken in spirits, for weak backs. The bark of the root is the best. In fact, combined with other articles, it proves efficacious in clap (gonorrhea), especially in persons of weak habits, and those who have frequently been the subjects of this dreadful complaint. A decoction or infusion of the berries, so as to give a strong acid, is salutary in chronic cases of ague and fever (intermittent fever). It is taken every morning, a glass full at a time, till it produces vomiting, in the same manner that hard cider is taken in this complaint. The bark boiled in sweet milk, then taken out and flour stirred in, so as to make a mush; this applied as a poultice to tumified breasts is an excellent remedy; it either suppresses such risings, or else draws it to a head immediately, and gives great ease.

### RED ROOT.

This valuable herb is a native of every State, perhaps of the Union, and of almost every other country. In my travels I have noticed this plant in all the States and Territories west of the Alleghany mountains. It grows mostly in uplands, which are tolerably thin, and a little inclined to be sandy; most luxuriantly in pine and hickory ground; but you will find plenty of it in Ohio, Indiana, Illinois, Missouri, Kentucky, Tennessee, and every where else, even where there is not a stick of pine. It has very large and lengthy roots, of a woody kind of appearance, with a hard, rough, red

colored bark on them. The stems and leaves contain a mucilaginous or slippery substance, of a pleasant taste. This root is very astringent, and is used with much success in spitting blood (hemoptysis), and in flooding (uterine hemorrhagin), and dysentary, diarrhea, &c. In these cases, a decoction is made of the roots, and the tea given cold, a glass full at a time, every half hour or so, till the bleeding subsides. Lint wet in this decoction, and introduced up the fundament (anus), is good for the bloody piles (hemorrhoids).

#### WHITE WALNUT—(*Juglans Alba*.)

The white walnut bark affords one amongst the best purgative (cathartic) medicines in the world, of the vegetable kind; and comes very near superceding the use of calomel, in many diseases. In bilious fevers, bilious colics, &c. particularly, where an indolent state of the bowels exist, from being oppressed with bilious matter and other crudities. The proper manner of administering this medicine is, to boil the inside bark in water, till the liquor is very strong; take out the bark, boil this liquid again, to the consistence of wax; while warm, and as it cools, make it into pills about the size of a small pea. One or two of these pills taken at a time, for a grown person, produces wonderful good effects in most cases where opening medicines (aperients) are necessary. In some persons less, and in others more will answer as a purgative. I have observed this medicine by some authors recommended indiscriminately in all cases that required cathartics. Those authors cannot have been as well acquainted with the use of it as I am; for among the soldiers of the late war, I saw it much used. I am well aware, from my own knowledge, that it ought to be used very sparingly in any case whatever, that indicates much inflammation; because it is a most powerful stimulus. This fact may be ascertained from the circumstance of the bark drawing a blister, if beaten to fine pieces, wet and applied to the skin.

However, it is one of the finest common-place medicines on earth, if properly used.

PEACH TREE—(*Amygdalus Persica*.)

The bark, flowers and leaves are all good and mild cathartics. A decoction of the leaves or bark, sweetened with molasses or honey, is excellent given to children, a tea-spoon-full every half hour or so, till it operates, for worms (vermes), hives (croup), diseases of the skin, fevers, &c. This remedy is equally efficacious in grown persons. The flowers, if gathered in full bloom, and dried in the shade, are equal or superior to Senna, in all cases in which it is useful among infants.

YARD WEED.

Perhaps this plant may have been noticed by some other authorities; but if it has, I have not had the pleasure of seeing it. You will find it in almost all countries, growing mostly on old, thin land, which has been turned out a year or two; or along the edges of roads and streets where the woods are open. It has very much the appearance of green plantaine, only not so green, and stands more erect—the seeds are almost precisely like those of plantaine, but the seeds are perhaps not quite so thickly set on the stems, and hardly so large. In July and August it has a great many very small, pale blue flowers on the stem. The whole plant is very bitter, and given in decoction, in reasonable quantities, say three or four glass-fulls a-day, it is almost a specific remedy for the whites (fluor albus) among females. I have used it a great deal among women of debilitated habits, and always found it a most sovereign medicine in cases of weakness in the organs of generation.

ELM (*Ulmus*), THE BARK.

We have in America two species of Elm, the white or slippery, and the red; the properties of the former will be mostly attended to here. Considering the slippery elm one of the most useful trees of the forest, I

shall briefly state the real virtues of it, for the tree needs no description to the American people.

In flux (dysentary), and in all other bowel complaints, I have tried it with the most happy effects. Also, where an irritable state of the stomach and bowels exist, it is beyond all contradiction, exceedingly good. For heart-burn (cardialgia), and indigestion (dyspepsia), where a heat and burning sensation is felt after eating, its good effects are inestimable! These ideas are as truly incontrovertible as they are novel. I have been long in the habit of using it in my practice. From several respectable authorities, I can say that it is useful in quinsies (*chynancha tonsillaris*), in pleurisy and in ulcers, colds or catarrhs. In catarrhs of the lungs, I have tried it with good effects. The proper mode of using it, is to take the inside bark, either fresh or dried, and put it into a vessel of hot water; it will in a few minutes yield the most excellent and pleasant jelly on earth. Of this, the patient may take as much, at any time, as his stomach will bear; This bark is one of the best remedies, made into a poultice, where there is much inflammation, and applied cool, of any thing that can be used. The jelly is excellent on the gut, to assist in putting it up in the piles.

#### PINE—(*Pinus*.)

The common pine is, beyond any doubt, the most variously and extensively useful tree on the globe. Besides its great utility to mechanics in various respects, and for lumber, &c., its medicinal virtues are almost innumerable—from the very buds down, it is all good. They are excellent steeped in water, for hard, dry coughs, two or three glass-fulls a-day, taken warm. The inside bark, in decoction, is very good in old bowel-complaints, drank occasionally through the day. The rosin in spirits, is good in *old* rheumatism and weak backs; and pulverized finely and sprinkled on the gut, is good for the piles. The spirits of turpentine (*terebenthina*) is very useful for worms, hysterics



(hysteria), gleet, gout, rheumatism, colics, weak kidneys, and many other complaints; besides its great utility in combining with other substances to make salves, ointments, &c.

#### SPRUCE PINE—(*Pinus Abius.*)

This species of pine has somewhat the resemblance of the common pine of the forest, and also the appearance of cedar. The leaves grow something like fern in broad, flat fans or bats. Its seeds or berries are nearly like cedar berries, to look at; they have a pungent, acrid, bitterish and aromatic taste and smell. The berries are good taken in spirits, for old or chronic rheumatism, for venereal cases, &c. A decoction of beer made of the bark, well sweetened with honey before it ferments, is a good drink for catarrh, or ulcer of the lungs. A strong decoction of the bark, drank warm, is an admirable tea for sweating, in rheumatism of a chronic nature, especially if a little seneka snake root be added.

#### AMERICAN IPECACUANHA, (called *Ipecac.*)

By some, this is called Indian physic, Bowmont's root (improperly Bowman root, &c.) Its name is taken from the Indian word Ipecacooanhah. It is exclusively a native of north and south America, and is well known to many country people. It grows in almost every section of the western country; and I have remarked in my travels through the different States of the Union, that this plant is not like most other vegetables, confined to particular qualities of soil, &c.; but it is indigenous to almost all kinds of situations and soils in some degree. However, you will find it most plentifully in sandy high grounds, in post oak flats, in gravelly ridges, &c. It grows of various heights, from six inches to several feet; but the size of the stems are uniformly small, tough shrubs; they are numerous, and of a greenish brown, sometimes of a reddish yellow. The leaves grow opposite to each other, one on each side; they are small, rough, and somewhat oval; or I might

say, rather sharp pointed at the outer end. Each flower produces three small seeds, which are contained in a triangular hull (capsule). The tops last only thro' the summer, and are killed with the frost; but the root continues—that is, it is perennial. This is a very valuable plant; yet I will not extol it above its real virtues, as some have done; but speak of it as it truly merits, and from my own experience. The root is the only part with which I am acquainted. It may be taken in decoction in spirits, or made into a powder by drying and beating, and taken in warm water, or wine. The safety and efficacy of this root depends much on the quantity taken; and this is the reason why we see so much difference of opinion about it. While some use it properly, and extol it to the Heavens, others use it too largely, and of course improperly, and censure it in the severest manner. In a moderately strong decoction, a table spoon-full every five or ten minutes, to an adult, till vomiting is plentifully produced, then stop it with warm water or gruel, has the most desirable effects in fevers, asthmas or phthisics, colds (influenzas), &c.; for it probably determines to the surface, equal to any remedy. Of the pulverized root, about five or six grains should be steeped in water, and administered by spoons-full as above directed, till the patient pukes sufficiently. Taken in good spirits, a handful to a quart, in drams once or twice a-day, large enough to excite a barely perceptible sickness (nausea) at the stomach, is very excellent for an inactive state of the liver. Phlegmatic persons are benefitted by the use of it in this way, giving tone to the stomach, throwing all morbid matter to the surface. But the most inestimable and sovereign property of this medicine is yet to be told. To my own knowledge, it has saved many valuable lives—and what is most astonishing to me, is, that so very few persons, and not even one of those medical gentlemen who highly approve its virtues, have said a word about its utility in the disease to which I allude—I mean the milk silk, as it is called; by some, the *tires*, &c. It is a sick-

ness peculiar to some sections of countries, brought on by using the milk of cattle, which have from some poisonous substance contracted an unhealthy state of the whole body. And I have observed that nature in her boundless wisdom seems to have supplied every part of the country where this disease prevails, with a bountiful portion of this specific vegetable. In the States of Ohio, Illinois, Indiana and Tennessee, this complaint is troublesome in some places; also in the western part of Kentucky. A strong infusion of the root, well beaten, in whiskey, and a table spoonful given every few minutes till it pukes copiously, has relieved many hopeless cases of milk sick, where every other remedy had proved ineffectual. It is the best in whiskey; but if this cannot be procured, water will do.

#### COLUMBO AMERICAN—(*Columba Americana*.)

The Columbo is indigenous to almost every part of the western country. It grows, says a respectable author, in the vicinity of the Ohio river. Yes, and if he had traversed the western countries as much as I have, he might have added Indiana, Kentucky, Tennessee, Missouri, Illinois, Michigan Territory, Arkansas Territory, Mississippi, Alabama, Georgia, and, I believe, every State and Territory in the western country. It grows most luxuriantly in rich lime-stone grounds and prairies. It is one of the most grand looking plants of the forest—the stalk is large, and from one to five or six feet in height, with false joints at the leaves, and a light pith in it. The leaves are large, long and oval-shaped. It has a large yellowish colored root, of a very pleasant bitterish taste. It possesses great tonic powers, and is said to be good where gangrene, or mortification is about to take place—that is, what is called antiseptic. In cases of indigestion, or weak appetite, this is employed with great benefit; also in bilious colics, fevers in the last stages, &c. It is used with great advantage for nausea or retching, in nervous, pregnant women. The best mode of giving it, is in spirits, a handful to

quart, well steeped or infused—a dram of which may be taken before breakfast and dinner. In fevers and colic, it is best in a strong decoction, warm, three or four tea-cupsful a-day.

#### BLACK HAW ROOTS, THE FRUITS, &c.

This is a vegetable about which there is little or nothing said, as I have seen—and at the same time, it is to my own knowledge, quite useful. The bark of the roots boiled with that of dogwood, to a strong tea, and given to the patient in the quantity of three or four tea-cupsful a-day, warm, is very good in ague and fever (intermittent fever). It should be administered as soon as the approach of the shake is discovered: and if it should be repeated till the patient vomits and sweats freely, so much the better. The fruit when green, is astringent, and good for sore mouths, in decoction. The tea of the bark of the roots should never be given when the fever is on.

#### CINQUEFOIL.—(*Potentilla Reptans*.)

Is used in decoction for measles, for colds, hives or croup, and bowel-complaints in children. The root and top is both used; it is boiled, about a handful to a quart of water or milk, and sweetened. The dose is three or four tea-cupsful a-day for grown persons, and less in proportion for children.

#### SYCAMORE, THE WOOD, BARK AND BUDS.

The bark and buds are good for the breast, bowels, urinary organs, &c. Take the chips out of the red part of this tree, and steep them in water, and they yield a reddish color to the water. This tea, taken warm, sweetened with loaf sugar, four or five glasses full in the day, is good in colds and coughs, and acts mildly on the urinary organs. The bark and buds may be used in like manner. It is an Indian remedy for clap, and is in part, a good medicine. Some country people make use of it as a family beverage; and if it is not so pleasant, it is at worst, very wholesome.



POKE-WEED—(*Phytolacca Decandra*.)

The poke-weed is one of the most grand, bold and beautiful looking herbs in America, when filled with ripe seeds. It will grow on any rich ground. For old or chronic rheumatism, the root and berries have been employed, but seldom, without the best effects. But we must remember, that from peculiarity of constitution, or from mismanagement, any medicine may fail. Sound ripe berries, put into spirits, and taken in drams 3 or 4 times a-day, is certainly good in rheumatism. I have known it, combined with sulphur, and given in spirits, to cure the most obstinate cases. The root, about two ounces to a quart of spirits, is equally good. An ointment of the leaves or roots, made with lard, is good in indolent ulcers. On the authority of Drs. Barton and others, it is good in venereal (clap), &c. Also an ounce in a pint of wine, is said to be a good emetic, given by spoons-full, till it operates. And on the same authority, a decoction of the leaves is good for the piles.

SASSAFRAS—(*Laurus Sassafras*.)

The roots of this tree, in a strong decoction, or in spirits, taken moderately, is excellent to purify and thin the blood, where acrimony of the blood exists, or in diseases of the skin. Also in rheumatism; but the oil should be applied externally at the same time. I have seen the southern Indians use it with much advantage in rheumatism. They would drink the warm tea very copiously, and bathe the parts affected at the same time, till a high state of perspiration was produced—then wrap up in their blankets, in their tight huts, and cool off. In fact, I know it to be excellent in rheumatism, from experience. It is fine in venereal, and old scurvy, or king's evil (scrofula). The flowers are nearly equal to the root, used in like manner. The pith of the large shrubs, mashed and infused in clean cold water, is excellent for highly inflamed sore eyes (aphthama), in consumption, asthma, &c.

IRON WEED, or DEVIL'S BIT—(*Veratrum Luteum*.)

The root is the part for use—it grows in poor, crawfish meadow grounds; but sometimes in rich bottoms and uplands. It is a large, tough weed, with rough, coarse leaves, bearing small pale blue ugly blossoms. The weed is from one to six or eight feet high—the roots are long and tough where it takes a start, soon destroying the best of meadows. The root is a strong, well tasted bitter; and in tincture, it is an excellent tonic; that is, it gives strength to the stomach. It may also be given in infusion advantageously for worms. It is a constituent part of a beer used for breast complaints.

BURDOCK—(*Arctium Lappa*.)

This plant grows around rich yards, horse-lots, cowpens, barns, &c., and in other rich places. It has a great many large rough leaves in a bunch, and the stalk runs up two or three feet high, and about the month of July bears small purple blossoms, which produce a sort of burr, that contain the seeds. In decoction, the roots are well employed for cleansing the blood (sanguis). It is a mild cathartic or purge; produces sweat, a copious flow of the urine; and is servicable in old venereal diseases; also in mercurial complaints, rheumatism, scurvy, &c. The seeds are said to be good; but I have not tried them, and will risk an opinion.

OAK BARK—(*Quercus Cortex*.)

Of the oak we have many species—but I shall speak mostly of the white oak. The bark of this oak is astringent, or binding, and gives tone to the stomach—consequently to the bowels and whole system. It is like most other astringents, said to be antiseptic; or, in other words, good in mortification. After long fevers, intermittents, indigestion, or any debility of the system, it is a tonic. Also in chronic dysentery, it is good. By infusion is the best mode of using this bark, or decoction. Boil the inner bark to a strong ooze; strain and boil it again, to the thickness of honey, and wet lint in it, and introduce the lint up the fundament,

and retain it as long as convenient, and occasionally renew it. This is a most valuable remedy in the piles (hemorrhoids). The red and black oak are as good, no doubt, as the white oak; but I have not used them so much—they are said to be almost as good as peruvian bark, in intermittents. The red oak bark boiled is very valuable for old ulcers, and sore shins, where it is necessary to dry them up.

JAMESTOWN WEED, THORN WEED—(*Datura Stramonium*.)

It is also called French apple, stink weed, and improperly called Jimston weed. This plant is a native of North America, and may be found in almost every part, from the Gulph of Mexico to the Lakes of Canada; and from the Atlantic to the Pacific Ocean, beyond the Rocky Mountains! It is a grand looking weed, of various heights and sizes, branching very largely, and bearing great whitish colored blossoms, which have after them a bur, or apple, full of thorns—hence the name of thorn apple. The leaves have a very unpleasant smell.

The Jamestown weed was first brought into notice in America, in the summer of 1607, about two hundred and twenty five years ago, by a company of British and Irish soldiers, who were stationed on the bank of James' river, in that part of America now called the State of Virginia, at a little village called Jamestown—whence this herb derives its name. They saw it growing on the fertile banks, and around their camps, and it looked so magnificent and flourishing, and the leaves so very tender and juicy, that they were induced to boil and eat the tops for greens. This produced the most frantic scene imaginable among them. They stripped stark naked—while some would run, laugh, jump, paw like horses at their companions—others would bellow; some would crow like roosters; while some sat grinning and sneering at each other, like monkeys. Some singing, some dancing, and some crying—thus it made some very taciturn, and others very loquacious, or talkative!! In the whole course of their insanity, it was observed that they were all innocently disposed, though brutishly filthy, when not prevented. In the course of ten or twelve days, their senses returned, and they remembered nothing they had done in the time, no more than if

they had been intoxicated with ardent spirits. This circumstance is only mentioned to show the various effects this plant will produce on different persons. This is the reason why this inestimable vegetable is not more highly valued. For many years, the Stramonium was decried by the most eminent writers.

For the use of it, we are greatly indebted to the celebrated Dr. Storck. Notwithstanding the great censure it was under, and the disrepute into which it had sunk—yet this enterprising man gathered a quantity of the leaves, beat them in a marble mortar, from which he obtained about a gallon of the juice; reduced it by putting it into a glazed vessel, on a slow fire, to a brittle extract. Then took about a grain and a half on his tongue, pressed it to the roof of his mouth till it dissolved, and swallowed it. From this he perceived no bad effects. After satisfactory experiments on himself, he, after reasoning in this manner with himself—that altho' this extract might produce insanity, or unsoundness of mind in sane or sound persons—yet it was somewhat rational to suppose, that on unsound minds, it might produce the contrary effect. He then administered it in small doses of half a grain, morning and night, to a girl of twelve years of age, and made her take after it a tea-cup full of tea, or veal broth. In a short time, she was cured of her insanity.

Another case, of a woman of middle age, which he mentions, in which he administered a grain of the extract, morning and night; and in a short time she was restored to soundness of mind. Other authorities of high respectability might be referred to—but it is becoming so well known, that it needs but little proof.

The leaf is the part most in use; but the root is equally efficacious. The seeds possess the same medicinal virtues, but I have made no experiments with them.—Taken internally, the extract of every part of this plant in large doses is a narcotic, or stupefying, poisonous medicine. But we are not to lay aside the use of it on those grounds—for if we do, how many of the best medicines in the catalogue of *Materia Medica* would be condemned. For instance, the opium, the camphor, &c. This medicine is in high repute with many modern physicians of respectable standing—among whom I will mention Ewell, King, Fisher, Barton and Bigelow. The extract of this plant is excellent in doses of from half to a grain, twice a-day, in epilepsy, and con-



wulsive fits; also in spasmodic asthma, or phthisic, which comes on with a kind of cramp. The leaves and roots dried and smoked, are the best in the last mentioned disease. It is very efficacious in removing the very painful disease called suatic, or rheumatism of the hip joint. Take the leaves green from the plant, bruise and apply them to tumors, bruised sores, &c.—I have seen the green leaves heal up ulcers on sore legs, when nothing else would. The leaves dried and pulverized, are employed with great success among farriers on sore-backed horses. The leaves or roots are almost specific in some cases of piles, stewed in pig's lard, and introduced into the anus on fine lint—or the rectum may be washed with a strong decoction of them. Internally, the extract is the best preparation for use; and it should be used very sparing at the commencement, and gradually increased. Say you begin with half a grain, and still increase till you safely take several grains at a dose. The Indians use the leaves much for the bites of reptiles, and for wounds of all kinds.

#### RUSH—(*Arundo*.)

The green rush grows in many parts of America. I have seen it standing thick in sandy places along the sides and banks of streams, where the ground had been washed with high waters; on islands, &c., among both free and lime-stones, in the southern States, and also in the cold and dreary prairies of the north-western countries. These little herbs, as they may be called, sprout up without any apparent seed, or cause, that ever I could see, only one stalk in a place. They are commonly about the size of goose quills, some smaller and some larger. They gradually taper from the root to the top, making almost a sharp point. They have something of joints, and are hollow; without leaves, flowers or seeds. They are as green as grass, and taste nearly like wheat straws. In cold, prairie countries, where they grow very luxuriantly in cold weather, they are full of ice; and cattle are so fond of them, that they

frequently eat of them till they kill themselves, for they are an ever-green. In decoction, they are very beneficial in gravel (calculus), giving relief immediately.—They are better dried and used in the same way. You may gather them at any season of the year, and lay them where they will receive the fresh air, and they will keep sweet and sound a great while. In the use of this, there is no great particularity as to the dose.—You may take several glasses full in the day—they produce a copious discharge of urine, and determine the fluids to the surface. This remedy, though a good deal in use among the people of some countries, yet physicians have mostly passed unnoticed.

PUMPKIN or PUMPKIN, called PUNKIN, (*Pepo Cucurbita.*)

The seeds of the punkin are very beneficial in stone, gravel (calculus), in decoction, but the oil is much the best. About fifteen or twenty drops of the oil, taken twice or thrice a day, relieves the pain in this dreadful and most excruciating of all others, the stone in the kidney. When taken in decoction, the seeds should be beaten before they are put into the water, and a glass-full, warm, may be drank every hour, or oftener. Neither the oil (oleum) nor decoction is unpleasant to the taste. The virtues of the punkin seed are very similar to those of the water melon; but I am induced to think them preferable. They are equally as innocent as they are salutary. It would be an easy matter for families to preserve them from one year's end to another.

ANGELICA AROMATICA, (*called Angellico.*)

From the Indian word this takes its name. It is well known to country people; it grows most plentifully in hilly and mountainous countries. It is one of the finest aromatics in the world. A decoction of the root, strong, taken a tea-cup full at a time, is good in colics, hysterics, &c. In spirits, it is good as a stimulus, after long spells of ague and fever—a handful to the quart, and a small dram twice a-day, is the dose. For colds of long standing, the decoction, a gill taken at

bed-time, sweetened with honey, is good. In cases of obstructed menses (dysmerrhea), it is excellent in the above doses. The Indians make great and successful use of it in those complaints. It is a good stimulating sudorific, or sweating and heating medicine—hence its infinite utility in females of nervous and phlegmatic habits. As a tincture, it is very strengthening and pleasant.

### BUTTERFLY WEED, or PLEURISY ROOT.

(*Asclepias Decumbens Tuberosa.*)

The butterfly root is a native of America, and grows in all the middle and southern States of this Union, and I believe, in many of the other States. It is found mostly in old upland fields, where the soil is a little sandy, and of a mulatto color. It is not very uniform in height, but grows from one to two or three feet high; several stems in a cluster, promiscuously. The leaves are small, of rather an oval shape, and has on them a sort of hair or fuz, so has the stems. In the months of June and July, it has curious shaped blossoms growing on the tops of the stalks in little bunches, of a pale red or orange color. The root is the only part I have known used; it is large and rough; the bark is very thick, of a woody, wrinkly appearance; of a light brown color, and has a pleasant, sweetish bitter taste. This root given in a strong decoction, has an effect peculiar to itself. I have used it a great deal in my practice, and have often taken it myself, and of course can speak of its properties with much accuracy. It certainly produces sweating with less disagreeable sensation than any sweating (sudorific) medicine that I have ever experienced. You scarcely feel the least degree of heat; but it seems imperceptibly to drive all viscid matter to the surface, and remove all obstructions and pains. In pleurisy, it is a most specific remedy—hence the name pleurisy root. In all manner of colds, diseases of the breast or lungs, and also of the stomach and bowels—in cases of indigestion, or weakness of the stomach, where the stomach and bowels are troubled with wind

(flatulency), &c., its virtues are great. It gives strength or tone to the whole system. For nervous and hysterical women, a handful of the roots powdered and put into spirits, a dram twice a day is not to be surpassed in excellency.

SPIKENARD—(*Aralia Racemosa Nardus Indica.*)

Usually called spignard, tho' improperly. To do justice to this important root, would occupy more space than can be spared in this little book. It grows in rich rocky grounds, both on mountains, in caves, hollows, and in bottoms. It has a thick, porplish colored stalk, and from it branches many leaves, much resembling those of prickly ash or elder. It is often found three or four feet high. The flowers are small, and produces small berries nearly like the elder, of a sweet aromatic taste. The roots are very long indeed, and few in number to the stalks; very tough, and when cut, broken or boiled, they yield a gummy substance of an aromatic smell and taste. This is the best part of the plant for medicinal purposes. It stands amongst the master remedies for that dreadful complaint, *Consumption!!* Boil the roots till you have extracted the substance; take them out, strain the liquid; put it on a slow fire, and reduce it almost to a thin syrup; sweeten it with honey, and let it stand till it ferments. Of this take a tea-cup full, night, morning and noon, and its benefit in Consumption is inestimable. Or it may be taken in various other ways—either before it ferments or after. The roots may be chewed advantageously in that disease. Boil the roots, and make a constant drink of the tea while warm, is perhaps equal to any other mode of using it; however, a little more troublesome. The berries may be used with great advantage, also, in a similar manner, and in the same complaints; but the root deserves more merit. It is a fine application in fresh cuts, and many other wounds. The syrup in such cases should be made as thick as honey, and lint dipped into it, and applied to the wound. In wounds, it is perhaps equal to the white hickory bark, and may



be prepared and kept, with the addition of rum, or other good spirits, in the shops of druggists, a great while. Of this valuable root I speak not from the authority of others, but from my own practice. I have employed it for ten or twelve years, in relieving many of the most desperate consumptions, phthisics (asthmas), &c. It is a valuable medicine in hysterics, and sexual weakness of females.

BALM OF GILEAD—(*Amyris Gilcadensis*, *Balsam of Mecca*, and many other names.)

We shall here speak of the American Balm of Gilead. The genuine balm of Gilead grows near the city of Mecca, on the Asiatic side of the Red Sea.

The American Gilead grows best in warm climates, and it is likely it cannot bear the severity of the northern winters; for I do not think I have seen it farther north, than about thirty five or six degrees north latitude. It makes a most beautiful and delightful yard-tree. It has very large, smooth leaves, nearly of a heart shape—the bark is smooth on the young trees, and both it and the leaves resemble those of the Lombardy poplar, but the trunk and limbs do not stand so tall and erect. You will see on the ends of the twigs, nearly all the year round, large buds of a brownish color, containing a kind of gum rosin, or balsam. Those buds are very sticky and waxy indeed. How wonderful that nobody should tell the meritorious and well known virtues of this tree!! The whole tree, but especially the buds, are very pungently aromatic. Steeped in water, a tea-cup full at a time, of the water, warm, is good in phlegmatic persons—I mean those who are weak, and their systems hard to irritate. Spirits in which a small handful of the buds to the quart have been steeped, is excellent for chronic rheumatism. or that of long standing—particularly in aged or debilitated people. I have directed it often, and seldom failed of the most happy effects. The bark and roots are useful, but not equal to the buds. It is also serviceable in gout, and old venereal diseases. The leaves or buds stewed in deer's

suet and fox's grease makes one of the best salves in the world; but if you make it too strong, it will irritate the wound, and make it worse—but if you put a proper quantity to the suet and fat, it is applicable and salutary to any kinds of wounds or ulcers. Good for tetter, scald-head, burns, &c. &c.

JERUSALEM OAK—(*Chenopodium Anthelmenticum*.)

Any description of this long tried plant, would be nothing more than nonsense. It grows in every part of America, but best in warm and temperate climes.—Every part of it is useful—the leaves, seeds and roots are the best. The oil has long been in high repute as a worm medicine (anthelmentic); but the roots boiled in sweet milk, or even water, sweetened to a syrup, and a tea-spoonful of this given to a child some time before breakfast, another before dinner and supper, and at bedtime a dose of castor oil (*oleum ricini*), will expel worms beyond all belief. I have thought it was certainly the most important remedy for worms on earth. The seed, taken ripe and sound, and pulverized, mixed with honey, is fine for worms. The leaves may be prepared by drying, pulverizing, &c. to much advantage for worms—but the roots if boiled long enough, and the syrup given in large and repeated doses, as above, or oftener, and then a dose of oil or calomel, is the most certain and efficacious of any other preparation from this plant.

HORSE RADISH—(*Cochlearia Armoracea*.)

The root is the part for use. It is a garden herb, and common with every class of people in all countries. A syrup made of the root is useful in bad colds, after the inflammatory stage ceases. In phthisic (asthma), it is of benefit. It is admirably employed in obstructed courses (dysmenorrhea); for the gravel (calculus). For this complaint it may be taken either in decoction or in spirits, a small handful of the roots bruised or cut, to the quart, and a dram morning and noon. As an antiscorbutic, it has long been used as a valuable medicine; or in other words, good to prevent the attack of scurvy

(scorbutus). In palsy (paralysis), it is of benefit, particularly where the disease is in the tongue and mouth, the roots may be chewed simply. It is employed in dropsies (hydrops)—and also made into a poultice, it is good applied on joints affected with rheumatism (rheumatismus). The proper mode for this purpose is to scrape it. To the feet, hands, &c. in typhus fevers, it is equal to the mustard seed.

#### POTATOE, WILD—(*Convolvulus Panduratus.*)

This grows in most parts of America—perhaps best in sandy grounds. The vine and leaves greatly resemble the sweet potatoe, only they are much smaller, running flat along on the ground. The roots are very large, extending remarkably deep into the earth, it matters not whether the ground be hard or soft. They have a pleasant, sweetish bitter taste; and in size, color and taste, are much like the pleurisy root, only they are of a whiter color, and in general, probably a degree larger. I have known it employed usefully in Consumptions, and indigestion of the stomach, where much debility had been induced by the complaints. Acting as a grand tonic, and diuretic (diureticus), or in plainer language, producing a copious flow of urine. In Virginia and the Carolinas, this root is highly esteemed in cases of gravel (calculus).

Dr. Barton, whose authority is good, says a strong decoction by stewing and boiling the root, and a glassfull taken three or four times a-day is excellent in this complaint. Taken in strong decoction, in large quantities, it proves an agreeable purge (cathartic)—consequently, it is called by some, wild rhubarb (*rheum palmatum*). As to its utility in gravel, I cannot say, but knowing it to possess diuretic (diureticus) properties, or the power of producing copious discharges of water, I would presume it would be serviceable in that complaint. In most respects it operates like the butterfly root (*asclepias decumbens*), and by many people is employed for similar purposes.

## HEART LEAVES.

Both roots and tops, steeped in water, and taken, a tea-cup-full at a time, morning, noon and night, or a handful to the quart of spirits, a dram morning and noon is valuable for women of sexual weakness, or any hysterical or nervous debility. This preparation is excellent for young girls in whom their periodical courses have not been properly established. The leaves, roots and seeds or blossoms are much used by the Indian tribes of America for this purpose. Also in women whose courses are about to leave them from their age, according to the laws of human economy. Tea made of the whole herb is serviceable in typhus fevers, or chronic cases of ague and fever, taken warm, in large quantities, just as you feel the approach of the shake, and continue till you are in a sweat; for this tea is a good sweating (diaphoretic) medicine. In colds, coughs, &c. it is employed with success. This herb has a bitterish, aromatic, pleasant taste; and grows in almost every part of these United States.

INDIAN TURNIP—(*Arum Tophyllum*.)

Rich grounds, such as swamps, bottoms and meadows are most favorable to the growth of this plant.—It has been in high repute among the American Indians, time immemorial. They use the root pounded to powder and mixed with honey, a tea-spoonful to the dose, two or three times a-day, for old dry coughs, dry phthisics, &c. For these complaints, I think the best mode of administering it, is to boil the fresh root in sweet milk, tolerably strong, and take a tea-cup-full morning and night; the dose must be varied to suit the strength of the patient. In whooping-cough (pertussis), in milk, it is equally salutary. The root stewed in hog's lard makes a reputable ointment in scald-head, (tinea capitis). This plant grows from four or five inches to a foot high; has three leaves to each stalk, of a roundish shape; large, and the stalk of a reddish purple; bears a large beautiful blossom, which produces bunches of the most bright, scarlet colored berries. The root is



bulbous, somewhat like a small, rough, wrinkled turnip, about the size of the end of the thumb, and often larger; and when green, has a remarkably strong, acrid, biting taste, which leaves a most lasting impression.

YELLOW POPLAR--(*Liriodendrum Tulipifera*.)

The yellow poplar is well known in the United States; it is a large, tall, straight, handsome tree. The bark and roots are the parts for medicinal purposes. The bark is but little inferior to the peruvian and dogwood barks. It is bitter, and has somewhat of an aromatic smell. Dry the bark of the roots, pound it fine, and put two ounces into a quart of spirits, of which take two or three drams a-day, and it is wonderful in ague and fevers; it acts on the gaul (biliary system), gives tone to the stomach, and also to the bowels in a relaxed or weak state, which require strengthening medicines.—But the patient will sometimes find it best to use the decoction without the spirits, especially in the last stages of dysentery. It is said to be good for griping in the bowels, where there is much wind (tenesmus) as it is called. The bark powdered is very excellent given to horses in their food; it makes them eat hearty, shed their hair, and look smooth and free from humps or lumps in the skin. It has been employed with great success in chronic or old rheumatism, in indigestion (dyspepsia); and even in Consumptions, it is one of the foremost ingredients in a diet drink, in combination with other things. On the authority of several of the most respectable physicians in the United States, it is celebrated in puking and purging (cholera infantum) in infants, given in a tolerably strong decoction, after the stomach is properly cleansed. In pulmonary or breast complaints, where the patient has night sweats, weak bowels, &c., I have used it with the happiest effects.—For women of nervous weakness and hysterics, I also know it to be valuable.

ALLUM ROOT—(*Heuchera Americana*.)

I have observed this little and useful plant growing in most parts of America through which I have travelled. It is very small, and seems to grow best in the wild forests—the stem is from three to five or six inches long, of a greyish color; and the root is very short, a little resembling puccoon root, not quite so long, and more of a brownish cast; rough and wrinkly. The root is very astringent, and is much used by the Indians in dysenteries, malignant ulcers, &c.—they pound it to dust in their mortars, and apply the powder. But to speak from my own knowledge, I can only say that it is beneficial in piles, thrush, and bowel complaints of long standing; and in cases of immoderate flow of the menses (uterine hemorrhagia), a decoction of the root is the best; and for thrush or sore mouths in children, it should be made into syrup with honey. For bowel complaints, and especially those which have been induced by the long and improper use of ardent spirits, the root in spirits, either fresh or dry, and a moderate dram taken before breakfast and dinner, is the best mode of administering this noble root. In such cases I have known it restore the tone of the stomach and bowels, when every other remedy in the hands of the most eminent physicians had failed. It constricts or contracts the relaxed or enlarged stomach and bowels to their proper size; at the same time healing or strengthening the excoriated parts, while the spirits supply them with a reasonable portion of that stimulus, which from habit they require. For the reader must remember that from any cause which produces great debility of the whole system, that the stomach, bowels, &c., become enlarged. Look at a person who has become very low with the ague and fever; he can eat three or four times as much as when in health. This is owing to the enlargement of his stomach and bowels.

STAR ROOT, UNICORN, BLAZING STAR—(*Aletris Alba*.)

The star-root needs no description: it is much applauded among the people of almost every part of the

American Union; it grows in hills and forests, often in poor land, and has a very small, short, light, yellowish colored root. The root in general is from a half to an inch in length, and from a quarter to a half in diameter, and has a few fine sprigs on it. It is very bitter, tho' not unpleasant. It is excellent for women in child-bed (puerperal) fever, after the stomach and bowels have been emptied with the proper medicines. Given in decoction, two or three tea-cupsful a-day, luke-warm, it acts on the stomach and child-bed (uterus) or womb, giving strength to both, and assisting in casting off the morbid matter from the womb. It is a very useful common-place bitter.

IVY, or CALICO-TREE—(*Kalmia Augustifolia*.)

The ivy grows in most mountainous parts of America, and is often found in creek bottoms, and in stony, poor places, near the margins of river and creek banks. It is a small, crooked tree, from the size of small shrubs up to ten or twelve feet high; has many crooked, rough looking limbs, and large, stiff ever-green leaves; bears a beautiful, sweet-scented blossom in June or July, owing to the latitude in which it grows. Were it only for the medicinal virtues of this vegetable in curing the itch (psora), I would not give it a place in my book, because many far better remedies for that complaint can be procured with much less trouble, which give no pain, and are less dangerous in their use. A strong decoction, injected into old, indolent ulcers, is of the greatest benefit, penetrating every part of the wound, it matters not how deep, the stimulus of which will last perhaps half a-day; thus exciting and producing a healthy action in the wound. The leaves stewed in lard and a little deer's suet, is good for the scald-head (*tinea capitis*), also for tetter-worm (*teneas*). In obstinate ulcers of white swelling and king's evil (*scrofula*), the decoction is the most useful.

COMFREY, (*Consolida*) GARDEN and WILD.

Of the two species, the garden comfrey is the best, but the difference is not very material. I always ob-

served that the roots of it contained more mucilage, or jelly, and was not quite so tough as the wild comfrey; consequently imparted that jelly more readily to water. A handful of the roots boiled in a quart of new milk, and a gill of the milk given every half hour, is amongst the best remedies for the flux (dysentery). For women troubled with the whites (fluor albus) it has great celebrity. In clap (gonorrhea), as a common drink, its good effects are indisputable. For strictures or heat in making water (ardor urinæ) it is excellent. As a common drink, infused in cold water, it is good for pregnant women, who are subject to heart-burn (cardialgia). There is few better remedies than the pounded roots wet with vinegar, and applied to strained joints, bruises, &c.—The wild comfrey may be advantageously employed in like manner, where it cannot be had in gardens. Some authors make no distinction; but I have been candid enough to tell you that the wild comfrey is somewhat inferior—I have made satisfactory experiments in my practice.

ELECAMPAINÉ—(*Inula Helencum.*)

The root is the part employed medicinally, and has an aromatic, bitterish taste, not very unpleasant. I have used this root long and successfully, in cases that required stimulating expectorants, or in other words, a medicine that produces a mucous discharge from the lungs. It is one among the best ingredients of a very valuable diet drink, in pulmonary consumption. The root pulverized fine, and put into honey, and a tea-spoonfull taken morning and night, is glorious in asthma, or dry and old coughs of any kind. It may be taken in this way, or else half a pound of the roots to a gallon of water boiled to half the quantity, and a pint of honey or molasses added, and a table-spoonful taken morning, noon and night. It is said by some to be an emmenagogue—that is, a good medicine to bring on the menses. But if such authors mean that it has any agency in bringing them on, more than by producing a general healthy action on the system, and consequently on the



womb, I deny the assertion—for it is an incontrovertible fact, that it has no specific action on the organs of generation; for I have used it in combination with other articles, and known it employed in more than a hundred cases of weakly, pregnant women, with the most salutary effects. The above syrup is good for pregnant women of weak habits, and of relaxed bowels and weakly womb.

#### RED PEPPER—(*Capsicum Annum.*)

Made into a strong poultice, and applied to the pained part, I have employed it with superior effects in rheumatism, particularly in cases of long standing; and in fact, in all cases. Applied in like manner, it is beneficial in nervous or low fevers, applied to the soles of the feet. A pint of the strong decoction taken as warm as it can be drank, is excellent in cramp colic, and where there is wind or flatulency, or hysterics; especially if a little of the tincture of camphor (camphora) be added. The latter preparation is good in recent colds, taken at bed-time; but after a general fever is excited from cold, it is too stimulating, and does more harm than good—particularly where there is a raw, tender feeling in the lungs and breast. A strong decoction, taken nearly cold, about a pint, is excellent before riding out of a cold day; it keeps up a proper portion of heat in the system. It has good effects in poultices on gangrenous parts. In powder, it is an excellent tonic; and good in spasmodic cholera.

#### LYNN TREE.

The Lynn is a native, and found in all rich parts of America, where I have been; and is mostly found in rich bottoms. It is a very soft kind of wood, white and juicy—the bark and twigs are the only part of this tree that I have used. In flux (dysentery), &c. it is equal almost to the slippery-elm bark. The inside bark is to be bruised and infused in water, and a constant drink made of it; it gives a rich, well tasted jelly. It is also beneficial in heart-burn (cardialgia) in pregnant women;

they may take it in decoction, infusion, or they may chew the inside bark, and swallow the jelly. For any heat in the stomach, and weak bowels of breeding women, the sprouts, which you see shooting up in the low grounds, amongst the trees, are much the best. Take them, and scrape off the outer bark, cut them into short bits, chew them, and swallow the jelly. This is certainly one of the best remedies on earth for a heat or burning at the stomach. A handful used in this way, will give relief directly, it matters not what is the cause, so far as I have tried it, and that is very extensively indeed. What a matter of convenience for country women who are subject to this disagreeable complaint: they may gather them in a few minutes, and they are the best green. Where the stomach has been overheated with spirits, they are equally beneficial. The jelly boiled out, and made into a poultice with sweet milk, and a small dust of flour, is admirably adapted to tumors, ulcers, burns, &c.

#### BAMBOO BRIER.

This brier grows in most parts of America; has a small, long vine, full of very fine, sharp briers; and the vine and leaves are very green. It bears beautiful small red berries in small bunches, with one remarkably hard seed in each berry. The leaves are medicinal; they are frequently applied to sores, burns, &c. in which they produce good effects, often healing old sores on shins, and on horses' backs, when many other remedies have failed. But the best mode of using them that ever I tried, is to stew them in lard and a little beeswax, till you extract their virtues; take them out, and make a salve of the composition, and use it as another plaster or salve; or make a decoction of the leaves, and wash the sores; or wet lint in it, and apply it. This is the best and most convenient plan, because the leaves are hard and rough.

#### BULL WEED

Grows in rich river bottoms, from five to ten feet high, and the stalk at the ground is as large as the thumb

or larger; has large limbs, growing generally one on each side, opposite. The stalk is ridgy, with squares on it, resembling very much the hemp stalks—the leaves are remarkably large, with several rough, uneven forks or splits. A decoction or ointment made of the leaves of this plant, is very serviceable in wounds; both cleansing and healing, and at the same time possessing the peculiar property of annoying flies and insects from troubling the wounds on which it is employed.

RUE—(*Ruta Graveolens*.)

In phlegmatic habits, or in other words, weak, inactive, cold habits, in which the circulation is too slow, the leaves in decoction, infusion, or in spirits, is very useful. It removes obstructions, and increases the circulation. Hysterics (hysteria) is much benefitted by the use of it in whiskey. It is a tonic, and promotes gentle perspiration. Applied in poultices to the feet or any part of the skin, it will draw a blister sometimes. Boiled to a syrup with honey or sugar, it is administered successfully to children for worms—a tea-spoonful of a morning. When worms produce violent pains in the stomach, and about the navel (umbilicus), the juice sweetened and taken internally, while a poultice of the leaves is applied externally on the parts pained, it is productive of the happiest consequences. In palsy (paralysis), where the disease is produced from true debility, or from some obstruction, it is often happily employed. There is no question of its utility in mortification, applied in poultices to the gangrenous parts.

TANSEY—(*Tanacetum Vulgare*.)

Dr. Clark, of Europe, says it is valuable in gout (arthritis); and Cullen gives it some additional credit in this disease. It is recommended in hysterical complaints, and alleged by some to produce its good effects by removing obstructed menses. That it is useful in hysterics I admit, not by acting specifically on the womb (uterus), but by its tonic, stimulating properties; increasing the general strength, consequently that of the

genital organs. And I here take the liberty to contradict all authority saying it is a powerful medicine in bringing on the menses, by acting directly on the parts engaged in this office. And on the contrary, without the least fear of confutation, I do assert that it is a most valuable remedy in preventing abortions and miscarriages in pregnant women, either taken in spirits, in decoction, or infusion; and should be bruised, and worn around the waist, and in the shoes next the soles of the feet of those weakly females, who are predisposed to miscarriages, about the time at which they are subject to this misfortune, on feeling the symptoms of miscarriage approach. This has been my practice for ten years, with the most happy results. The juice of tansy is good with honey for worms in children, given every morning.

On the authority of Dr. Withering and others, the seeds are the best, from twenty to thirty or forty grains at a dose. But from my own observation, I had rather depend on the leaves, dried and pulverized, and administered in like manner. It is said that this plant is good to prevent the flesh-fly from troubling fresh meat—but for this I can say nothing.

#### ALDER BLACK—(*Alus Nigra*.)

The black alder is a small tree, growing in low, swampy grounds, mostly about the banks and margins of small rivulets, bending over the edge of the stream. They grow in clusters, sometimes twenty or thirty together, running up ten or twelve feet high; very straight, slim, smooth, and free from limbs. The bark is of a black color, and very sleek—it bears a curious sort of blossom, from half to an inch or more long, about the size of a crow's quill, all the way very near of a size. They have very much the resemblance of long pepper (*piper longum*), with little particles sticking all over the stem of the blossom, similar to those on the green plaintain blossom.

The medicinal properties of this tree reside in the bark, principally; the flowers, however, may be usefully employed. A decoction of the bark is excellent in chronic or old complaints of the bowels, and indigestion of the stomach; in agues and fevers of a chronic nature, it is almost equal to the peruvian or dog-wood



bark. The bark is bitterish and astringent, and possesses powerful strengthening virtues. Either it or the flowers may be used in decoction, in spirits, in wine, or in an infusion. This bark I have employed in a variety of ways; also in various cases of debility, and never failed where it had justice done it, of deriving the best consequences from it.

CHESNUT—(*Fagus Castanea*.)

With this well known tree of these United States, (and particularly of the southern parts of them) I would not trouble my readers, were it not for two reasons:— first, because the leaves possess very valuable virtues, and secondly, because other authors have passed them unnoticed. A decoction of the leaves, either green or dead, is one of the foremost applications to a recent burn, in which the skin has barely been taken off, and the wound has been very raw and inflamed. The leaves that have fallen from the tree in autumn or fall, before they have received many rains or frosts, are the best, and may be preserved all the year. The decoction may be applied by washing or wetting lint, and laying on. I presume, if the leaves cannot be had, that the bark would be a good substitute. This I have long thought to try; but facility in procuring the leaves prevented the experiment. This tree is not found in many parts of the U. States; even in the northern parts of Kentucky, Indiana, Illinois, and parts of Missouri, I do not remember to have seen it. But it grows in abundance in the southern and mountainous parts of Virginia, North and South Carolina, Tennessee, Georgia, Alabama, Mississippi, some parts of Louisiana, and the Arkansas and Florida Territories.

SWEET GUM TREE.

Why has a book not been written about this tree?— It possesses the grandest medicinal virtues—the bark and rosin or gum, are the best parts. In flux (dysentery), a handful of the inner bark boiled in new milk, and given, a tea-cup-full every hour, after the stomach has been cleansed with a little ipecac, is a charming

remedy. Even a decoction of the bark in diarrhea, or in other words, a slight flow from the bowels, is admirable.

In the late war, from hard living, lying on wet ground, &c., we were very subject to this complaint; and among the most of us, the sweet gum, the pine and slippery elm, were the principal remedies resorted to, after taking a dose of the walnut bark pills to cleanse the bowels. I have often seen the war-worn soldiers, under a fatiguing march of twenty or thirty miles a-day, through mud and briers, on half rations, or perhaps none at all, laboring under powerful diarrhea, just have time to scale the gum and pine bark from the trees and chew it as they ran, speedily recover from this painful complaint, without any other remedy!

The rosin or gum of this tree is said by some to be better than the bark in dysentery and diarrhea; but as I have not tried it so much, I cannot decide. It should be used perhaps in small portions; else it might be too astringent, or binding. And at any rate it is presumable, that the crude part of the gum would be too easily retained in the bowels, which, in addition to its constringing properties, might in most cases produce too much excitement in the system. The gum is a very excellent ingredient in curing the itch (psora), with a little suet and lard; it nearly always destroys the insect in this complaint.

ROSIN WEED, *by some improperly called Myrtle Weed.*

In this, the great Author of Nature and infinite Wisdom, has manifested his boundless goodness!! For you never see this noble weed growing in a piny country; but you find it in great abundance in the prairies of Ohio, Indiana, Illinois and Missouri—but most luxuriantly in the vast and rich prairies of Illinois, which State is blessed with almost every natural comfort and advantage except the pine tree, good springs and warm winters. This is a very large, rich looking plant, stalks in rich ground as large or larger than a man's thumb; from three to six feet high, very rough, coarse and crooked towards the top; somewhat resembling the cuckold-burr-weed of a rich growth. The leaves are

over the size of the leaf of any weed now in my mind, growing irregularly up the stalk, from the very ground; and very frequently several of them appear to rise out of the earth around the stalk, disconnected with, or not contiguous to it. They fork or separate perhaps in several places, and are not of a deep green, but have rather a cineritious or ash colored green. Wherever the stalk is broken, or the bark taken off, the rosin exudes from it, like the opium does from the poppy, (pavver), and adheres to the stalk in dry brittle lumps, from the size of a pea to that of the end of the finger, looking like bits of light colored rosin on the pine tree; so that where it grows plentifully and large, you may gather a pound perhaps in an hour or so; which unless you are well acquainted with it and the rosin of the pine, you cannot discriminate between them, neither in taste nor smell. This rosin may be used, I have been informed by intelligent persons who had made the experiment, for any purpose which the pine rosin is. As for medicinal use, it is good for the rheumatism in every stage; taken either in pills or in water, particularly for that species of rheumatism called lumbago, affecting loins suddenly. It is good for weak backed women, say a pill every night at bed-time, the size of a pea. The roots cut or bruised and put into good rye whiskey, is a valuable medicine for women troubled with the whites (fluor albus), especially for those with whom spirits agree. The roots are very large, and grow deep into the ground, and in decoction or in spirits, they yield their virtues readily; also in a less degree in an infusion. When they are recently dug, they feel very waxy or gummy, very similar to the spikenard roots where the bark is cut or broken.

SENEKA SNAKE ROOT—(*Polygala Senega.*)

Here I come to a vegetable of the greatest celebrity, perhaps of any other belonging to the whole catalogue of our American medicines. And whether possessed of the most numerous and important medicinal virtues of all others, I am hardly prepared to say. Notwith-

standing it has been one of the most common medicines in my last ten years' practice. One thing relative to this root, I think, will be readily conceded by all who have reflected on the subject—that is, that seneka snake root has elicited more from the pens of various respectable authors, than any one subject of the kind. If I should appear tedious, my kind reader, I hope, will excuse me on the above grounds.

This root was brought into use just 93 years ago, by Dr. Tenent, of Virginia, who extolled it very highly as an infallible remedy for the rattle snake bite, in a pamphlet which he wrote on the subject, for which he was liberally rewarded afterwards by the legislative body of Pennsylvania. He said that he derived his information from an American tribe of Indians, called the Senagaroos, who asserted that they employed this root both internally and externally indiscriminately to every kind of snake bite, with certain success. By some, it is said that this root derived its name from the name of the Indians who first used it, or else from its great use for the bite of the reptile whose name it bears. But the greatest probability is, that it was named from the resemblance it has to the tail of the rattle snake—the root being rough, contorted or twisted, and of a jointy appearance, like the snake's tail. As to its efficacy in the bites of rattle snakes, I think it reasonable to suppose, that Dr. Tenent confided too much in the assertions of the Indians from whom he obtained his information, without waiting a fair trial, by his own experiments. For on the authority of his publication, it was introduced in that kind of practice throughout the United States without the least success; and is now entirely discredited in the cure of snake bites. In croup (*cynanche trachealis*), rheumatism (*rheumatismus*), obstructed menses (*catemenea* or *dysmenorrhœa*), and in complaints of the breast, such as old diseases of the lungs, both phthisic (*asthma*) and consumption, it has remarkable and inestimable good effects; by its stimulating powers it increases the circulation, particularly of the lungs or pulmonary vessels.

Doctor Archer, of Maryland, first introduced the use of this valuable medicine in croup, and it has been employed in this disease ever since with the best effects.

In his investigation of this root, Professor Chapman, of Philadelphia, gives it high applause as an *emmenagogue*, or medicine very efficacious in bringing on the menses.

As additional testimonials of its great utility in a variety of



complaints, we might here introduce the names of many other respectable writers; but as its use is now so generally known, both to the medical faculty as well as to country people, this would be unnecessary. I neither wish to decry nor overrate its virtues; but give it true justice, as far as I am able. It is a principal ingredient of a medicine which I have used for many years most successfully in Consumptions, especially in those cases in which the inflammatory stages had subsided. I have used it also with the best effects in dropsies (hydrops), which were brought on by a general debility, and vitiated state of the humors. In Consumption, it may be given, boiled tolerably strong, say half a pound of the root pounded and put into a gallon of water, reduced to half the quantity on a slow but constant fire, in a covered vessel; sweeten this well with honey or loaf sugar, and take half a gill morning and night, at bed-time. In this form, it produces spitting or discharging the phlegm, and improper matter from the lungs; it promotes perspiration, and induces a soft skin, agreeably to the laws of health; increases the quantity of urine; thins and increases the action of the blood (sanguis); gives strength to the stomach; removes obstructions and heals the lungs; thereby mitigating pain and producing restoration. For obstructed menses, it may be administered in decoction: about two ounces of the beaten root to two quarts of water, boiled down to one, and a gill of this given warm, every half hour or so, bathing the feet previously, and bleeding a little, if necessary. In this complaint, it is best not to make the tea so strong as some authors direct; because when so extremely strong, it may irritate the stomach to inflammation, or take the breath of the patient in the act of swallowing (deglutition).

I knew a girl of 12 or 14 years old, to fall dead in a few minutes, after taking too strong a decoction of this root, administered by country people, unacquainted with its powers!!

And in fact, confiding in others, whom I thought to be well acquainted with the strength of this root, in my first practice, I prepared, according to that authority, a dose of the decoction for a lady, who almost lost her breath irrecoverably, when she swallowed it. I mention these circumstances in order that you may always remember, when you hear a man say there is no possible danger or harm in the use of a medicine, in any way, that if what he says be true, you may know that there is but small virtue in *that* medicine. But, my patient reader, permit me here to remark, for it must be said somewhere in my book, that such persons certainly have had but little experience with those medicines; for all medicines may be made harmful by exceeding

the limits of a proper dose. We had, therefore, better use too little than too much of any powerful medicine at a dose.

Given in larger quantities, tolerably weak and frequent, has a better tendency to increase the general action; while it acts on the menstrual organs, it excites perspiration much better than given in such strong small potions. An improper use of it debilitates both the stomach and bowels; but used judiciously, it produces a contrary and good effect. When dried (and it is seldom used any other way) this root is remarkably slow in yielding its virtues, unless it be well pounded before you put it into the water. In this respect much care should be taken, for the root when whole, may be boiled an hour, and many times not impart as much strength to its menstruum, or the water in which it is boiled, as the same quantity well powdered, would have done in ten minutes. Nothing has been said on this point; and hence it is that we find such variety of opinion of the quantity to be employed. The root is extremely tough and hard, of a woody nature, and most people, when they go to use it, throw the roots into an open vessel of water, without knowledge or thought; let it boil a few minutes, and, as they believe, it is then fit for use; when in fact, on tasting, you would seldom know what the decoction was made of. At other times, if it be convenient, a handful of the pulverized or pounded root is prepared in a similar manner; and perhaps the decoction may be given in doses sufficiently large and strong to destroy the patient !!

In croup, this medicine should not be employed till the stomach has been emptied with some emetic, and if necessary, bleeding and bathing. And even then, in children of very full (plethoric) habit, where a high state of inflammation prevails, it is not the best remedy. But for children who are not of too full and irritable habits, (I mean those in whom inflammation is not easily produced, and when it does exist, easily subdued), in such cases it is one of the best remedies, if properly employed. This root is admirably adapted to rheu-

matism, in emaciated and aged persons; more particularly in cold climates, where a stimulus is required.

#### VERVAIN—(*Verbena*.)

This plant in old times was employed in celebrating the sacrificial rites among the ancients; and was worn around their necks as amulets. Forestus says, to shew its wonderful powers, it was directed to be bruised before it was hung on the neck, and in this manner it was pretended that it relieved the most inveterate headaches! It was also thought to be good for other complaints. Those superstitious notions have long since been laid aside, and the use of the vervain fallen into disrepute. But there is no doubt but what a tea or strong decoction of the leaves of this plant has a great agency in bringing on the menses or monthly courses. But whether it does not act too powerfully on the menstrual organs, and thereby produce this flow without producing any general effect on the system, is with me a question? If this is the mode of its operation, I would be in favor of its use in but few cases. For I hold it clear, that such remedies should only be employed in cases of emergency or necessity. However, it is a popular medicine in those cases among old women. It grows in rich bottoms, and has a bitterish taste; the leaves stand opposite on the stalk, and have rather a rough appearance, somewhat oval, but rather sharp at the outer end. The weed is of various heights and sizes. ☞ The leaves, seeds and roots in tea, is good in after-pains.—[*James Buys, of Geo.*

#### BLACK SNAKE ROOT—(*Serpentaria Virginiana*.)

This plant grows in rich river bottoms and hills, on beech lands very much—it is from six to ten inches high, small stems; the flowers are of a purplish brown color: the leaves rough, of a heart shape. The roots are all in a bunch of fine fibres, of a blackish color. It has a very disagreeable, strong smell, somewhat aromatic; and a very pungent and lasting bitter taste.—Taken in strong decoction, it is an excellent stimulus;

excites sweating; is a tonic, and is beneficial in typhus fevers, after preparing the stomach for it; also in ague and fever. In decoction it is the best; a handful of the roots in a quart of water, and a small glass-full every half hour, till sweating is sufficiently produced. Taken internally, and poultices of the decoction applied externally, are said to stop mortification, and prevent putrefaction in the bowels. As a bitter in spirits the root is good; especially in phlegmatic or weak, inactive habits. On the highest authority, it is good in decoction, as a gargle, sweetened with honey, for putrid sore throats.

BENNE—(*Sc Orientale*), called *Flux Seeds* by some.

This is a garden plant, much cultivated in the gardens of the middle and southern States. The leaves and seeds afford a valuable mucillagenous substance in decoction and infusion; that of the seeds is very oily: in fact, an excellent oil is expressed from the seeds.—This jelly and oil are very useful in flux (dysentery), or any other diseases of the bowels. And the oil taken in the quantity of a table-spoonful or two, is a gentle mild purge for children. It is also in considerable use as a salad oil.

ASH WHITE, or BLUE, so called by some.

This tree needs no description, for it grows in most parts of America. The inside bark taken in spirits, is a good tonic, particularly in chronic or old complaints of the liver. The bark from the roots is the most preferable. It is very bitter, and acts on the stomach, the liver (*hepar*), and on the gaul vessel, or as they are called, the biliary vessels. The ashes of the bark of this tree makes the best caustic that ever has been known in medicine; and the chymical process by which it is made, is known to but very few, and the mode of using it properly, is almost a profound secret.

PLANTAIN—(*Plantago*.)

The juice of this well known herb, obtained by decoction or otherwise, in doses of half a gill every hour or oftener, is highly reputable for the bites of snakes



and spiders. Hence the story of the frog and spider being seen in a close combat in the edge of the road, and that every now and then, when the frog felt himself growing sick from the bite of the spider, he would hop off to the plaintain, which stood at the distance of a few leaps, take a few mouth-fuls of the leaves, swallow them, and directly return with great animation, courage and vigor, moving nimbly on to the charge.—The bruised leaves are superior to almost any thing except the cabbage leaf, for dressing blisters, and also they are good applied to other sores.

•FLUX WEED—*by some persons called Witch Weed.*

This weed grows in gardens, from six inches to a foot high; has a stiff leaf, full of little prickles all around the edges, and bears small prickly burrs or balls, which contain small black colored seeds, which is the part employed as medicine. Boil a handful of these in new milk, say a quart, and give a gill of it after they are strained out, every half hour; and in flux (dysentery), it acts more like a charm than any thing of the kind, giving great relief; and if a few drops of laudanum (called lodnum for short) be added, its soothing powers are wonderful.

PENNYROYAL—(*Mentha Pulgeum.*)

You must know, that technically this herb is called mentha; which means mint in English. Gather this herb before the leaves are dead, tie it up in small bundles, and hang it where it will keep dry, and it makes one of the most grateful and useful teas, in common light family sickness of any thing in the world, almost. It is good in colds, coughs, &c., and especially in whooping cough (purbossis), it is made into tea, sweetened with loaf sugar, and given to children with this complaint, occasionally; in fact, they may drink as much as they please of it. It is remarkably useful for women at their monthly periods. By its general exciting and mild powers, it assists greatly in producing a flow of the menses (catamenea), and is good in all hysterical affections. I have employed a great deal,

and seldom found it amiss. In inflammatory and winter fevers, it is excellent. It is a good expectorant, or makes you spit up phlegm or matter from the lungs.—It is good in cholera infantum.

PINK ROOT—(*Spigelia Marylandica*.)

Much has been said on the subject of the pink root, which is called by a variety of names—as the Indian pink root, Carolina pink root, &c. The first name that we know any thing about, is that of *Musteetlah*, given by the Cherokee Indians. And from its growing in such abundance in the Carolinas, it has been called Carolina pink root. But why it should have the name of Maryland, is rather strange; because it is seldom seen growing so far north as Baltimore; but from about north latitude thirty seven degrees, it is found in great abundance to the southern limits of the United States, and on westwardly, so far as I have observed in my travels; I believe, even into the Mexican country.

In doses of ten or fifteen grains for small children, the root of this plant is excellent for worms that occupy the bowels; both by its nauseating or sickening and purgative powers. Some use it by way of infusion; but the most common practice among country people, with whom it is in high repute, it is mostly used in decoction: about two ounces of the plant, for both root and plant are good, may be put into a quart of water, and boiled till it is tolerably strong; in this way it yields its strength readily, and you may sweeten this, and give a child of six or eight years old, from one to two table-spoonful; and from eight to twelve years old, you may give two or three table-spoonfuls, and so on, according to the strength of the tea, and nature of the disease. This is a medicine which had better be administered in large than small doses. And as much difference of opinion prevails among medical men on this point, it here becomes necessary that I should explain my own notions on the subject. Then, to be concise and explicit, or in other words, to be short and plain, it is generally admitted that in large doses this plant

purges, and in small ones it does not; also, that it possesses strong narcotic or stupefying properties; and that if the system retain it too long, it produces very alarming effects, by stupefying the child, swelling the eyes, and enlarging the sights (pupils) of the eyes, &c. It appears reasonable, then, that by this sickening and narcotic power, it must first produce this effect on the worms; so that if a small portion be given, although it may kill the worms, yet it does not expel, or cause them to be discharged; and by retaining both the medicine and dead or sick worms in the bowels, even if the medicine should have no bad effects medicinally, that all retained together would certainly excite a fever, and produce evil consequences. But on the other hand, if a large quantity be given, it first acts on the worms by its destructive influence, and secondly expels them by its purgative powers; thus in large doses it exerts both its virtues, by which the worms are destroyed. And even admitting you employ a large portion, and it should not purge, but act on the eyes of the patient, it is a very easy matter to give a dose of calomel (hydrargyri submurias) or oilium castor, as soon as the evil is discovered; which will carry off both worms & medicine; thereby doing much more good than if but a trifling quantity had been employed. It is my rule to administer it in large quantities, which is always productive of the most beneficial consequences. This also sets aside the great controversy, whether the medicine destroys worms by its sickening, or by its purgative powers; for in large portions it has a fair opportunity of exercising all its influence; and will almost inevitably expel them, by one, or all of its virtues. It is beyond doubt, one amongst the best worm medicines (anthelmintics) on the globe.

Doctor Chalmers and others were among the first medical gentlemen who introduced the use of it; but the Indians have been using it time immemorial.

SNUFF WEED, or SNEEZE WEED—(*Sternutory*.)

This is a large weed, from two to three or four feet

high, and full of branches; the leaves are one or two inches long, perhaps more; the particulars of its appearance have slipped my memory, for all I have used it often. However, it has such a very peculiar smell, that you readily distinguish it from any other weed, if you rub the leaves and put them to the nose. It grows in rich pastures and barn-yards, and has a very pungent, and somewhat of an aromatic smell, and bitter, unpleasant taste. The leaves possess, in a very powerful degree, sternutative properties; or the powers to produce sneezing. In this way, it has produced good effects in colds where the head and nose were stopped, and for other pains of the head, especially such as were produced by debility in some part of the head; and many times in paralytic or palsy in the head, it is efficacious; and in dropsy, or water in the head (hydrocephalus). The mode of using it, is to dry the leaves, pulverize them very fine, sift them as fine as dust, and occasionally use it as other snuffs (sternutatatories), to excite sneezing (sternutation).

MAY-APPLE, or MANDRAKE—(*Podophyllum Peltatum*.)

Of this important and too much neglected plant, permit me to speak from my own knowledge. In passing from the State of Virginia, I have noticed this herb almost to new Mexico, and in most places from the city of Mobile to the northern lakes. The root is the medicinal part of this herb, and is of a dark color, several small ones to the stalk. About seven years ago, I turned my attention to this valuable medicine, and have kept it in my shop ever since. In doses of from ten to twenty grains of the powdered root, given in syrup, or any way the patient prefers it, it acts as a very gentle, agreeable and efficacious purge. It answers in almost any case that requires purgatives; it is far preferable to jalap: a smaller quantity will discharge the contents of the bowels with less griping or straining, and at the same time bringing away more watery matter (serum), and of course, as its operations are more mild and gentle, so it continues its purgative effects longer, than jalap.



My plan is to boil the dried root tolerably strong in water, and give a table-spoonful sweetened with honey, molasses or sugar, every two or three hours, till it produces the desired effect. I find that the may-apple root is much less irritating to the stomach and bowels than jalap. The root ought to be gathered about the months of July and August, for at the time of its dying, both leaves and stalks varies according to the countries in which it grows; so that as soon as you see the leaves turn yellow, and the stalk bend down, which is shortly after the fruit ripens, you should dig and wash the root without bruising it, and lay or hang it in some place where the fresh air could have access to it, but in a shade, where the sunbeams never reach it. I learned this from several tribes of the southern Indians, and the northern too; for this plant is found in great abundance in the north-western prairie countries. The Indians commonly tie it up in little bundles, and hang it about to the insides of the roofs of their cabins. Good in clap (gonorhea).

SPICE-WOOD—(*Laurus Benzoin, Dumus Fibris.*)

The spice-wood, or wild all-spice, grows in most parts of America in which I am acquainted; and is found in the greatest abundance in rich, uncultivated, marshy places, about the edges of branches and ponds. This tree grows in the form of shrubbery, from a few feet up to the height of eight or ten feet; and has very numerous small twigs, and many leaves of an oval shape, rather sharp at the point; and bears small egg-shaped berries, very smooth, of a pale blood red, with a seed enveloped in a thick, pulpy, tender, juicy hull. Those seeds have a strong aromatic, bitterish taste.—The bark and leaves are pleasantly aromatic. A tea of which is not only an agreeable beverage, but also very valuable in almost any kinds of fevers, colds, dry coughs, &c. Taken in portions of a glass-full every hour or so, while warm, it determines the fluids to the surface, or in more familiar language, it produces a soft skin, and sweating. It causes the phlegm or mucus

matter to be thrown up from the lungs with ease, and increases in a small degree, imperceptibly: hereby cooling fevers, mitigating, &c. The tea is very efficacious in measles (rubeala); and I have given it with considerable advantage to females, at the period of their monthly discharges. In hives, it is good: particularly the fine roots made into a strong tea, sweetened with honey, and given to children, after a puke has emptied the stomach, and the patient has been bled and bathed. This tea excites a handsome, easy, and effective sweat: lulling the child into a sweet and happy sleep. The berries, with a little orange peel, or a few drop of the essence of peppermint, are a useful tonic, taken in spirits, for weak and delicate females, whose stomachs and systems require, and will bear spirits. I have used the roots of this tree a good deal for some kinds of weak breasts, in composition with other articles, with very happy effects.

#### SMART WEED.

Of this weed there are two kinds: the large mucilaginous or the great white, and the little red, acrid kind. The big white smart weed is perfectly inoffensive as to taste, having no strong sensation in it; but is very full both stems and leaves, of a sort of slippery substance: and taken in decoction, is useful in gravel (calculus).—The red or small kind is very pungently acrid, and biting to the taste, and is exactly in every appearance almost like the other, only a size smaller. I have been informed by persons in whom I had some confidence, that a decoction of it was good for discharges of bloody urine; but I have not tried it. They both grow about yards and barns, in corn-fields and on farms, and are well known to every farmer. In painful making water, from blistering with spanish flies, called strangury, a tea of the large sort is good.

RATTLE-WEED—(*Cohush*), *Caulophyllum Thalictroides*.

The rattle-weed is known among the country people by the name of squaw-root, or weed, papoose root, and so on. But the name squaw-weed is the most common.

in the western country, and is said to have derived it from the extensive use the Americans saw the Indian women make of it in female complaints, at the settling of America. It grows on almost any fertile wood land, from the light sandy soil of the valley to the tops of the most gravelly rich ridges. The stalk is from two or three to five or six feet high; from the size of a pipe-stem to nearly double that; nearly round and smooth for the greatest part of the way up. It then has large spangly leaves, and bears berries in bunches nearly like those of grapes, and the berry near the size and shape. When the berries are ripe and dry, break off the bunch and shake it, and from their knocking together, they rattle, making a dry, shattering noise. Hence it has been called rattle-weed. The root is the medicinal part. It is very important employed in cases of girls' retained monthly discharges (amenorrhea), and in obstructed menses (dysmenorrhea); administered in decoction, it is very effective in those cases. Either in decoction or in spirits, it is good in rheumatism; and on good authority, it is superior in diseases of the liver (pepar). I mean in the advanced stages. It is said to produce abortions, in large doses.

#### BUBBY ROOT.

This is a kind of woody shrub, growing mostly in valleys and hollows, near mountains, and most abundant in free-stone lands. It rises five or six feet high, has brown colored blossoms, and rough oval leaves. The flowers have a remarkably mellow, pleasant smell, and continue on the bush some days before they wither. When they drop off, a pod or ball about the size of a hickory nut follows, filled with little black seeds; these seeds are very poisonous and deleterious to cattle that eat them, or any thing else; but I mention them because so many are destroyed by eating them. The root is important as a medicine; a decoction of it abates pain, and induces sleep (somnolency); but if taken in too large quantities, it sometimes produces delirium. The Cherokee and Creek Indians tell me that they use the

bark of the shrub steeped in water, as an emetic; and particularly among females. They say it is extremely active and easy, at the same time bringing the contents of the stomach; and if any, it brings the bile (gaul).

SARSAPARILLA—(*Smilax Sarsaparilla*.)

The American Sarsaparilla is now thought by those who have given it an impartial trial, superior, or at least equal to that imported from the Spanish West Indies. From whence it was first taken into Europe, two hundred and fifty nine years ago, by the Spaniards; and reputed to be a specific or infallible remedy for the venereal. This vine grows in low, rich wood lands, and runs mostly on the ground, sometimes twining itself about other vegetables; it is about the size of a small pipe-stem, of a greenish yellow, and sometimes of a brownish color. The roots are the parts for use—they are very lengthy, but commonly run shallow; are tough, and easily dug or pulled from the ground. It was employed for many years at first, in pox (*lues venerea*), and was ascertained to have been overrated. However, it has been found to be a valuable medicine in advanced stages of the venereal, and in many other complaints. Where the system has been injured by mercury, and laboring under debility and night-pains, it certainly mitigates pains, soothes the restless feelings, and is efficient in removing the disease. It is said to be good in rheumatism, king's evil (*scrofula*), in liver complaints, and most diseases of the breast. It is good for good for weakly and emaciated females of weak stomachs and bowels. In most of the above cases, I have had the pleasure of employing it with good effects, and especially in the female cases alluded to, it gives tone to the stomach and bowels, in part, by supplying them with that kind of mucous or jelly-like substance, which their tender and generally contracted state require. It also has a gentle tendency to determine the fluids to the surface, or excite mild perspiration. The vine is used by some, but it is not so good as the root. My mode of using these roots; is to cut two ounces of them into



small pieces, put them into every quart of water you use, or in that proportion; always boil the water to half the quantity, and take from a pint to a quart every day; a quart will be none too much, a gill at a time. It is the best made fresh every day; however, I have employed it with fine effects in pulmonary and liver complaints, also for weak stomach and bowels of females, by way of compound with other articles, and made into a kind of beer. The root of the American sarsaparrilla is hardly so large as the imported, and not of so brown a color. It is found in almost every part of America; and is perhaps used as extensively as almost any American vegetable; notwithstanding all the controversies, the repute and disrepute into which it has risen and fallen, since its utility was first discovered.

GIN SANG—(*Panax Quinquifolium*.)

This plant is found abundantly in America, in the rich bottoms, but mostly in the rich coves and hollows, on the north sides of hills and mountains, fifteen or twenty years ago, or perhaps longer, there were millions of pounds of this root transported from America to the Chinese dominions, where it was readily sold for three or four times its weight in silver. About eighty five years ago, at Pekin, the capital of China, from the superstitious notions of those people, it is said to have sold for eight times its weight in silver. The affluent of the country carried it with them, and used it to great extravagance, both by chewing and in decoction as a common drink; but thousands of lives were lost among the indigent (as they superstitiously believed) for the want of it; for the price was so enormous that they had not money to procure it. The people of Tennessee and Kentucky are so familiar with this plant, they would laugh to see a minute description of it. It has a sweetish-bitter, aromatic taste, and a rich medicinal smell. It is certainly useful in strong decoction for the colic (colica). It is an agreeable stimulating tonic and expectorant; a decoction or syrup is the best mode of using it. The Indians make great use of it for weakly

females, and for weakness of the womb (uterine weakness); either in spirits or decoction it is servicable. It has been said to hold a place for gravel; but of this I know nothing. If taken in decoction, a handful of the root should be steeped in a quart of water, and a tea-cup-full taken every two or three hours, or oftener. If in spirits, a handful to the quart, and a dram taken twice a-day.

CHINA TREE—(*Melia Azedarach*.)

Did I expect the sale of this book to be confined to some of the southern parts of these U. States, I would not trouble my readers with a description of this tree; because these people are too well acquainted, both with its appearance and medicinal virtues, to be deeply interested in a description of it. But it will certainly entertain those in whose country it does not grow. It is not a native of America, but was brought from China to America many years since; and is now the common yard tree of South Carolina, Georgia and many parts Alabama, and parts of other States. Most of the streets of many towns and villages in the southern part of Georgia, are set with it. The streets and public walks of the city of Savannah were ornamented with it for a mile in length; also those of Augusta; but some years ago, they were all cut down in Savannah. This tree grows to the height of from ten to fifteen or twenty feet; has a smooth, round, even trunk, and no branches for some distance up them; branches out altogether very thickly, and forms one of the most uniform, round boughs in nature; and bears very full of the most beautiful fruit imaginable—the berries are about the size of a common cherry, of smooth and very yellow appearance, with a large hard seed, covered with a sort of pulpy, tender rind or skin, and ripens in October, hanging on the tree some time. The fruit, if eaten to any considerable amount, is certainly deleterious in its effects.— And the bark also, if used in the spring season, while full of sap, will produce a dilation of the sights (pupils) of the eyes, and a kind of snoring or stertorous breath-

ing, twitching (subsultus) of the system. But if you then stop the use of it, those symptoms soon disappear like those from the use of pink root (spigilea Marylandica). The bark, and especially that of the root, is one of the best worm medicines (anthelmentics) in the Union. The proper mode of using it is, about four ounces of the bark of the fresh root to a quart of water, boiled down to half the quantity, and given one or two table-spoon-fulls every hour or so till it operates. Children take it best sweetened, and the worms are more apt to gorge themselves with it in syrup. In fact, country people, in the use of it, pay but little regard to weight or measure, in the preparation of it; for they make a tea, and continue giving it in small quantities till it produces the desired effects, which it very seldom fails to do. And even if it did expel no worms, it has good effects in abating worm fever, (verminous febris) as it is called. Besides my own knowledge of this as a remedy for worms, we have the authority of Doctors Barton, Kollock, and several others. The pulp of the fruit is said to be good for scald-head (tenia capitis): but of this I know nothing. Stewed in lard is the mode of applying it for this disease.

HOP—(*Humulus Lupulus*), or in the plural, HOPS—(*Humuli Lupuli*.)

This is indigenous to America. and is a large, lengthy vine, running and twining itself to walls, fences, and other vegetables; and the whole plant has a very strong medicinal, aromatic smell, and an astringent, bitter taste. It is a garden plant, both in America and other countries; particularly in some counties in England, it is cultivated to a great extent, for the purpose of making beer and porter, insomuch that a very great revenue is collected from the duty imposed on them by act of parliament; consequently the use of all other bitters are prohibited. And in some parts of Europe a table use is made of the young sprouts in the same way that asparagus is. The hop is good in rheumatism (rheumatismus), pox (syphilis), and breast complaints. It

gives tone or strength to the stomach, rouses the circulation, and invigorates the system. It is of great advantage in gravel (calculus), and also in female complaints, where the womb (uterus) is debilitated, and the female subject to the falling of the womb (prolapsus uteri). It is said to possess strong powers of producing sleep (a narcotic or anodyne), and under this belief it is in high repute among the country people, for pillows, supposing that by lying with their heads on it, a sweet and sound sleep is induced. And this I think probably is the fact: which properties are received from the herb, both through the sense of smell, and by inhaling the effluvia into the lungs. About three or four grains of the powder is a dose; or it may be employed in decoction, or used in spirits, as the case seems to require. The use of the hop (*humulus lupulus*) is highly recommended by many respectable authorities, in whom I have much confidence.

#### TOBACCO—(*Nicotiana Tabacum*.)

More than two hundred years ago, in the settling of North America, the various tribes of American Indians were seen in their little wig-wams, or huts, and around their hunting-fires, indulging themselves in their greatest and most inestimable luxury, (as they thought it) the use of the tobacco—puffing the smoke through their noses, from their ingeniously constructed stone pipes, or else more curiously fixed in the heads of their hatchets. But perhaps near fifty years anterior to that date, it had been transported from America to Europe, where it has been ever since in some places, cultivated for medicinal uses in their gardens. Although the tobacco plant is a native of America, yet it is cultivated to a considerable extent in some of the southern Islands; in the East Indies it flourishes well. By the Spaniards, who are excessively fond of this plant, it is called, in their very harsh language, Buj-jirb-hang; and by the South Americans, Yucatan; by the Arabians, Tambacu; and by the French, who have the most smooth and charming language in the world, it is called Ta-back; and so on.

The tobacco-leaf contains at least seven grand medicinal properties, for instance:—It is a sweating (sudorific or diaforetic), a reliever of spasm (anti-spasmodic), a puking (emetic), a purging (cathartic), an in-



creaser of urine (diuretic), and an increaser of spittle or mucous matter (expectorant), and we may add, a great sneezing (errhine) medicine. As a sweating medicine, it is not often used with that express intention, however powerful it may be. It is sometimes used to remove spasms, with good effects, mostly by external applications. As an emetic, it is very advantageously employed in cases of various kinds. Where poisons have been taken inwardly, which produces such an irritability of the stomach that nothing can be retained, or by other means, the remedy is prevented from performing its office. For you must recollect that the tobacco is not given internally to produce vomiting, but is always applied to the pit of the stomach. And for persons who are badly choaked, so badly that nothing can pass to the stomach, and where the substance is so tightly wedged into the gullet, that it cannot be pushed down with what is called a probang, which instrument you will hereafter see described. It may either be administered in small doses, in decoction internally, or applied over the bowels externally to induce purging.

**BALSAM OF FIR, or SILVER FIR TREE OF AMERICA.**  
(*Pinus Balsamea.*)

This species of pine is found plentifully about the west end of North Carolina and east end of Tennessee; particularly on what is called the smoky mountains—and perhaps in many parts of the United States. It has somewhat the appearance of the white pine, and yields a most valuable balsam, which exudes from the tree like other turpentine, and is collected in great quantities by those who inhabit the mountains and the adjacent countries, for sale. When fresh, it is almost transparent or clear; but after standing awhile, it assumes a beautiful yellow appearance, and looks very much like sweet oil. This balsam is a very popular remedy in rheumatism, colic, and for the stomach; for weak backs, particularly for females who labor under falling of the womb; for head-ache, sore eyes, and pro-

bably in many other cases. As to its utility in rheumatism, weak backs, and weak wombs, there is no doubt.

### RHUBARB ROOT—(*Rhei Radix*.)

There are three species of rhubarb, but the difference is so trifling that it is hardly worth a description. However, we will mention that the best imported rhubarb is brought from Tartary; but is called Turkey or Russian rhubarb. This has a lively reddish, or bright yellow color, with red and white streaks thro' it; and the pieces are small, with a hole thro' the middle of each, which has been made for the purpose of drying them conveniently. It has a pleasant, aromatic smell, and bitter, astringent taste. Another sort is imported from China, and is called Indian rhubarb—this is thought to be more astringent than the Turkey rhubarb. The two first, Russian and Turkey, have little or no difference between them.

A very lengthy history of the culture and sales of this important root would be useless; for it is cultivated to some extent in almost every part of Europe, and in other countries; and it is my intention and business here to speak of American plants, of which the common rhubarb is one. For this plant can be cultivated in the United States with equal advantages to those of any other country.

The American rhubarb has very much the resemblance of sour dock, as to roots, stems, leaves and seeds; and persons not well acquainted with it, would often mistake one for the other. For a gentle and good purge, it is valuable indeed; for at the same time that it purges, it also acts as a tonic to the stomach; thus invigorating and strengthening the whole system. For children, and delicate females, it is of infinite utility—in cases of indigestion, hysterics, and hypo (hypochondriasis)! Who ever heard the like of the last name for a disease!! The dose of rhubarb in powder, is about 20 grains, or a table-spoonful; but it can be given to a better advantage in pills, combined with aloes, calomel, or some other cathartic; or else in spirits, with other articles, to children; it may be used in decoction, sweetened, but by being heated, it is apt to lose some of its purgative powers.

SAFFRON—(*Colchicum Autumnale*.)

This plant is cultivated by many people in these United States, for medicinal uses. The root is the part for use; it has an acrid taste, and often when taken inwardly, leaves a burning at the stomach; anxiety, and difficulty in making water, and griping (tenesmus).—By Stork the root is highly recommended in dropsy. And it is said by some, to be servicable in most inflammatory complaints; also in gout as a specific. The mode of preparing it, is by boiling about two ounces of the root in four of wine. However, the flowers are given in decoction. It is good in decoction for the hives.

COMMON JUNIPER (*Communis Juniperis*) or SAVIN (*Sabina*)

This is a small shrub or little tree, growing to the height of six or ten feet, very much resembles the red cedar, insomuch that Cox and others in their description of it, have called it the red cedar; but this is improper, for there is a material distinction between them to those who are well acquainted with both. First, the savin tree never grows larger than a kind of shrub, and the cedar becomes a stout tree. Secondly, there is a plain difference in the leaves; thirdly in the bark, and particularly in the wood; which is not so easily split, and has not so much handsome red in proportion to size. Fourthly, there is a small dissimilarity in the berries; and also a slight difference, both in the smell and taste. This shrub is found throughout America, in most countries in which the red cedar grows. It has an aromatic smell, and bitter taste.

WHITE POPPY—(*Papaver Album*.)

Thou sovereign Drug that lulls to sleep,  
Makes pain and grief remove;  
Thou mak'st the mourner cease to weep,  
And minglest hearts in Love.

In the treatment of this very important subject, we shall not only confine ourselves to the American plant, but shall take a view of the foreign Poppy, and also of the product of the vegetable called Opium; which is the object of its cultivation, and very essence of the plant.

Also go on to show very minutely and particularly, how to make the opium and laudanum, from the poppy. This plant was very early known to the Greeks, who at first cultivated it for the seeds, of which they made food. It is a native of Asia; but is cultivated extensively in many parts of Europe, both for the purpose of making oil out of the seeds, and for the opium. In the year 1796, when the people of England were highly in the spirit of making experiments, in preparing opium from the poppy, Mr. Ball received a fine premium from the society which had been formed for the encouragement of art, for shewing a specimen of the British opium which he had made. It will be satisfactory to many of my kind readers, to trace and show them how the word opium first took its name. The Greeks called it opion, which name they derived from the Greek word Opos, meaning juice, because the opium is made of the juice of the poppy. The Turks now call it affioni; and in the English language, it is reduced to the plain and easy pronunciation of opium—which last name was derived from the Arabian name opi. In India, this plant blooms in the month of February; but in Europe, not till in June and July. In the opium shops of Constantinople, the capital of Turkey, they have the opium mixed with the juice of fruits, and other syrups, and take it with spoons, commonly from ten to a hundred grains a-day, and some can eat three times that quantity. And it is said that some great opium eaters can take half an ounce a-day, which is 240 grains.

In Smyrna, a town in the Turkish dominions, there was a great opium eater by the name of Mustapha Shalloor, who took one hundred and eighty grains of crude opium every day of his life, for a length of time. Towards the last, it appeared to produce no effect on him, but a fiery sparkling of his eyes, and great excitement of spirits. He looked at least twenty years older than he really was, after a long use of it. His gums were all eaten away, and his teeth naked to the very jaw-bones. His flesh was all withered away, and his complexion as pale and sallow as death! He still felt the necessity of increasing his dose;



and could not even rise from his bed without first taking thirty or forty grains of opium.

The Tartars often make long journeys of several days, and take nothing with them but opium; and without a particle to eat but it, will travel near a hundred miles a-day! But they, as well as all other opium eaters, soon become emaciated, innervated, and sink under this baneful practice.

There are two kinds of opium imported into America for sale—the East Indian opium, and the Turkish opium. The Turkey opium is the best; it is much more solid, and when you break it, you see a smooth, shining looking fracture. It is in cakes, wrapped with the poppy leaves, and frequently has on it many red colored pieces of hulls (capsules), which are indicative of its good qualities. The Turkey opium is seldom adulterated, and when pure, has a strong narcotic, peculiar smell, and a bitter, acrid taste, leaving a strong biting impression on the tongue and lips, and almost or quite blisters the mouths of those unaccustomed to it, if they chew it awhile. When good, it is nearly the color of a fawn, or what you would call a reddish brown. It is very heavy, and easy pulverized. The East Indian opium is not so good as that brought from Turkey. It has not that peculiar smell, and narcotic heaviness. It is more disagreeably bitter, and more nauseous: it is much blacker, and more waxy and tenacious; and often has other particles to be seen interspersed thro' it, not having that uniformity of appearance when broken. It is said frequently to be adulterated with cow-dung, with oils, with ashes, and the dried leaves of the plant, and many other substances. Not only from the impositions made on us with these filthy and dangerous adulterations, should we be taught the great necessity of our cultivating the poppy in America to a great extent; but also from the vast expense of buying from foreigners the articles of opium, at the same time that our own soil and climate are as well adapted to the culture of it as any part of the globe! And above all, because it is,

without a single doubt, the most generally useful, and extensively important of any one medicine, known to the world. To undertake to enumerate all the complaints in which opium is useful in some form or other, or at some stage of the disease, would be to give you the whole catalogue of diseases to which the human system is subject, with a very few exceptions. I do not wish to be understood to say that opium cures all diseases; but that in the course of the disease, and in some shape or other, either in combination with some other remedy, or alone, internally or externally, if judiciously and properly exhibited, it may be used beneficially, in at least nineteen cases out of every twenty. I do not pretend to say it is not often improperly used; for I have frequently seen instances of it, especially with young children. And I am well acquainted with an old lady, who, before she commenced the excessive use of opium, was possessed of fine intellectual as well as physical powers—I mean of strong mind as well as body, who has used it for five or six years; and now takes from one to two or three hundred grains a-day. Though she is very much emaciated, and has but little use of herself, keeping her bed constantly, yet for the most part of her time, she has considerable strength and vivacity of mind. When she first began the use of it, she was perhaps over fifty, or about that; she now looks like she might be 80 or 90; her eyes sunk, her face swivelled, her gums and teeth corroded or eaten away, and her hair mostly dropped off; and what little she has, is of a deadly whitish color. Sometimes she eats little or nothing for several days; neither will she talk or sit up a moment; but appears to be in a perfect state of stupor, or insensibility. At other times, for several days and nights together, she will be almost incessantly talking, eating, drinking, smoking, or something of the kind, at the same time in bed; and it matters not how hot the weather is, nor how close her room, she has a constant large fire kept burning, day and night.

In highly inflammatory cases, opium should seldom be

employed; where there is much bile in the stomach, it should not be given; and in young children of full habit it ought seldom to be administered, and in some few other instances. Neither should it be given in cases of flooding, where the female is of very full habit, or full of blood and flesh, and not debilitated by any cause. But in almost any painful disease, in which there is not a general state of fever, and the system full of blood, it may, in some form or other, be advantageously given.

This is the easy and simple process by which the opium is made from the poppy:

The poppies are well cultivated till the pods are about half ripe; and about this time, and a while before, they should be frequently watered, unless the season is wet, in order to make them the more juicy. The pods are best to be a little more than half ripe; at which time you are to take a knife made for the purpose, with three short blades, the middle blade the shortest, so that it may not go deeper than the others; for you will recollect the ball is roundish. With this knife you make cuts length-ways on the pods, not quite through the hull, about sun-set; during the night the milky juice will exude from the balls through the cuts, and adhere to the sides of the incisions. In the morning before the sun shines, it must be collected into an earthen plate, or vessel, with an iron scoop, or thin crooked scraper, made so as to fit the shape of the pods. When thus collected, you are to work it in the vessel, exposed to the sun, with a wooden paddle, till the juice is sufficiently thickened. This is opium. Then make it into cakes with the hands, and wrap it up in the leaves of the poppy; and if you have no suitable bottles or jars to keep it in, put it into a hog's or beef's bladder, and you can keep it as long as you please.

The common dose of opium is one grain to a grown person. And the dose of laudanum, which is easily made, by putting an ounce of powdered opium into a pint of real good whiskey; let it stand ten days; every day shake it in the bottle, and at the end of the ten

days, strain it through brown paper, or a thick, close cloth—this is laudanum, of which about twenty five or thirty drops are about equal to a grain of opium, is a dose. If you have no scales and weights, you may guess very well at a grain, by making a bit of the opium about the size of a full pepper grain. The dose, both of the opium and laudanum, should be varied according to the age of the persons; the stage and nature of the disease; the nature and temperament of constitutions, &c. To little children of a few weeks old, if given at all, a half a drop of laudanum in a tea-spoon-full of breast milk will be enough, and so on. To grown persons, in spasmodic or cramp cases, it may be employed in considerable quantities. In locked-jaw (trismus), it is sometimes given from one to twenty or thirty grains, or more; also in many other cases. In general, the laudanum is better than opium, it acts quicker; but where there is no great necessity for a speedy operation, the crude opium is, perhaps, equally as good; however, my rule is, where I want the medicine to act mostly on the stomach and bowels, to give the opium; and if I wish it readily diffused through the system, in this case, I think the laudanum preferable.

I have now given you the history of making both the opium and laudanum, which every body who has a family ought to be acquainted with. It is wonderful indeed, to see how careless the Americans are, on this important subject. To see them neglect the culture of a drug so vastly valuable; and I might add, the use of which is almost indispensable; an article too, that is so easily cultivated, and its properties so conveniently obtained by every class of mankind. There is no part of the world in which the white poppy can be raised more profitably, than some parts of these United States. And a few minutes' instruction would qualify any child of ten or twelve years of age, for gathering the juice, and making it into opium. What an immense quantity of money, too, would be retained in America, by the cultivation of the poppy? for it is a very costly medicine, when imported here; and one of such demand, from its real merits, that people will have it, at almost any price. In our Eastern cities we have to give three or four dollars per pound for good opium; and when the western physicians sell it to the necessita-



ted country people, they make them pay from one dollar, to one dollar and fifty cents per ounce! And very commonly, for a little vial of laudanum (which any one can make that will attend to these directions) the size of your finger, they will charge you fifty cents! I am not merely supposing that the poppy might be raised and the opium made in this country; but there are many persons to my own knowledge, who actually do make opium for their family use, and some make much more.

Several years ago, I saw James Berry, Esq., a merchant in East Tennessee, make a considerable quantity from the poppies in his garden, which could not be distinguished from the imported opium.

#### RED CEDAR—(*Juniperus Virginiana*.)

The oil of the tree is the most useful. Applied fresh, it will frequently cure almost any kind of tetter-worm, which belongs only to the skin. The berries are said to be beneficial for worms, boiled, and the tea sweetened to a syrup, and a table-spoon-full given every hour or two. The oil, leaves and berries are said to be good for itch, and other cutaneous diseases. The mode of preparing the leaves and berries, is to stew them in lard and suet, and make an ointment. The oil is to be mixed with suet for ointment. The tops of cedar are a popular remedy among old women for stoving and sweating over.

#### HYSSOP—(*Hyssopus*.)

This is a common garden herb; and a tea of it is good in most inflammatory cases for sweating. For colds, coughs and phthisics, this made into a syrup, is very pleasant and beneficial. By women, it is used to bring on the menses.

#### WORMWOOD, or MUGWORT—(*Artemisia Absuthium*.)

This herb grows around yards, barns, fences, and along road-sides, among other herbs; but is mostly cultivated in gardens for its medicinal virtues. In hypo and hysterics, taken in spirits, a hand-full to the quart, two drams a-day, is very good. It may be taken in powder, made into syrup with honey; or the leaves boiled, and the decoction sweetened, and a table-spoon-full four or five times a-day for females whose stomachs will not bear spirits. It is said to be useful in painful

menstruation, given in tea till the patient sweats. For agues and fevers, jaundice, and as poultices, it is highly esteemed for preventing putrefaction; and bruised and bound to the belly of a child, it is thought to be very useful for worms; a syrup made of the leaves or seeds, is also said to be a very valuable worm medicine. For cramp colic, either in tea, in substance, or infused in cold water, wormwood is good taken every morning.

#### SAGE—(*Salvia*.)

By the ancients, sage was thought to possess the power of prolonging life. And Sir John Hill made and sold a patent medicine, which he pretended had the power of saving and lengthening lives, and made an immense sum of money by his imposition; and when the medical properties of it was ascertained, the principal or basis of it was Sage! Sage makes a valuable medicine in fevers; and sweetened with honey, it is good in colds, coughs, &c. It is useful for weakly females—the tea taken at bed-time, a tea-cup-full, warm.

#### YARROW—(*Achillea Millefolium*.)

The Yarrow grows around yards, fences, commons, &c.; but is often cultivated in our gardens for medical purposes. It possesses astringent or binding properties. For hemorrhage, or bleeding from the bowels, the bloody piles, and immoderate flow of the menses, or any uterine hemorrhage, and spitting blood, a handful of the leaves to a quart of water in decoction, a gill three or four times a-day, taken cool, is very beneficial. More may be taken, if it seems necessary. The juice expressed from the herb, is said to be good in a poultice, for cancers. The leaves are also said to be useful, bruised and applied to bruises of any kind, swellings, &c.

#### CAMOMILE—(*Chamalum*.)

Camomile needs no description. It is used as a popular remedy to bring on the flow of the menses; but for my part, I never saw any important results flow immediately from the use of it in this way. And I am of opinion, that the only good effects in such cases produced by the use of it, is by using the flowers as a stomachic or tonic bitter; which by giving strength to the

stomach, and increasing the strength of the general system, of course extends its powers to the womb, and also gives it strength, and consequently more power to relieve itself of the burden that nature has put on it. For you will remember, that whatever gives tone and strength to the stomach, is apt also to increase the energies of those parts engaged in the important office of menstruation. For in fact, there is such a strong sympathy existing between the stomach and the womb, that it is almost impossible to affect or excite one, without exciting the other. For this reason at least, we much oftener find emetics useful among females than among men. Camomile flowers are serviceable as poultices in some cases; in obstinate and foul ulcers, they are cleansing. And as an injection up the neck of the womb after labor, where putrescency is apprehended; a decoction made weak, and thrown up two or three times a day, is the proper mode of using it.

GARLIC—(*Allium Sativum*.)

Garlic is a very strong, diffusible stimulus. For cold, weak or phlegmatic persons, taken in syrup, or eaten occasionally, it is very useful. In asthma, scurvy, dropsy, &c., it is good. It increases the appetite; expels wind or flatulency from the stomach and bowels; excites sweat, and promotes the flow of urine. It is used very advantageously by hysterical females, either in spirits or otherways.

Dr. Sydenham, whose authority cannot be doubted, says he used it in poultices or cataplasms, to the soles of the feet, in low nervous fevers, with admirable success. In this way it should be applied every night, till blisters are almost drawn. This remedy has an excellent tendency to produce a revulsion from the head, or in other words, to draw or turn a flow of the humors from the head to other parts of the system; thus keeping down delirium.

ASH PRICKLEY—(*Zanthoxylum*.)

We have two species of this tree or shrub; but the difference is not worth describing. They are both covered with prickles or short briars, and grow in rich ground in most parts of the Union. The trunk has

somewhat the resemblance of a sumac trunk; and the leaves are very much like spikenard or black elder leaves. If the berries or bark be chewed, they greatly increase the quantity of spittle, having a very acrid taste. In this way they are used for the tooth ache.

For palsy of any kind, a decoction of the root, a hand-full to the quart of water, and given in doses of a gill three or four times a-day, is of great service. Also in like manner for rheumatism, or in spirits. In the two latter cases, I think the root best suited to chronic or advanced stages of the disease; and to persons in whom these complaints have been induced by debility, either from age or other infirmities. The Cherokee and Creek Indians make great use of the bark in decoction, for a puke, in almost any case in which they wish vomiting.

**BLOOD ROOT, or PUCCOON**--(*Sanguinaria Canadensis*.)

The puccoon grows from six inches to a foot high, in rich loose grounds, in the woods; the leaves are large and roundish, indented; it has white flowers in April and May; the root is about the size of the little finger, and very tender. When broken, red drops run out, like pale blood; the outside of the root is also red.—Twenty or thirty grains of the powdered root is a good puke, given as other emetics, in warm water. By respectable authority, it is reputed a good remedy in sore throats, croup, &c.; also an excellent sweating medicine in colds, &c. given in doses of one grain of the powdered root, or ten drops of the tincture, every two or three hours; likewise in pleurisy, rheumatism, &c. The best way to use it, is to put a hand-full of the roots into a quart of water, and after steeping awhile, take a table-spoon-full every hour or two. A little of the dried root in spirits, makes a good tonic or strengthening bitter, with the addition of a little yellow poplar bark. The Indians use this root a great deal for various purposes. Dr. Thompson, who has great experience in the use of it, says it is an excellent tonic, and uses it as such, very much. It is good in liver complaints and dyspepsias.



LIQUORICE—(*Glycyrrhiza*.)

This plant is a native of the south of Europe. However, as it is said to grow spontaneously in the north-western parts of these United States, I shall treat it as a native of America. The roots are the parts for medicinal use; they are large and long, somewhat of a tough, woody nature; and have a little the appearance of spikenard roots; of a brownish yellow color, and when chewed, they yield a sort of waxy substance, of a pleasant sweetish, and at the last, a slight bitter taste. The extract of the root has the same effects when used, as the root itself. The juice or extract may be made by boiling the roots till the substance is all out; then take out the roots, strain this decoction, and boil again till it is sufficiently thickened. You get the extract in rolls about the size of the finger, five or six inches long. When it is not adulterated, it is black, hard, and breaks smooth and brittle. If it be very soft and waxy, it is apt to be mixed with other articles. It is good in colds, coughs, catarrhs, or ulcers of the lungs. It is also said to be good in cases where senna has produced griping-

HOARHOUND—(*Marubeum Vulgare*.)

The hoarhound needs no description. The leaves are remarkably bitter, leaving in your mouth a very lasting and unpleasant impression. The leaves boiled and a strong tea made and sweetened with honey to a syrup, is good for breast complaints, given in doses of a tablespoon-full three times a-day. This remedy I think is best suited to chronic or cases in advanced stages, in which the stomach requires a tonic, or a bitter.

SWEET FENNEL, SEEDS and OIL—(*Feniculum Dulce*.)

The seeds of sweet fennel, pulverized and well sweetened with honey, or a decoction of them with honey, a tea-cup-full at a time, is admirably adapted to the colic, and wind and pains in the stomach and bowels of little children. There are few better commonplace medicines for young children than sweet fennel seeds. The oil of them is very good for coughs in aged persons.

INDIGO (*Sophora Tinctoria*), WILD and DOMESTIC.

The wild indigo is a large weed resembling the common indigo. A decoction of the leaves given in large doses, is a good puke; and in smaller doses, it is a good purge; and in fomentation or poultice, it is good to stop mortification. The common indigo is given to children for croup, worms, hives, &c.; but I have but little faith in it.

MUSTARD BLACK (*Sinapis Nigra*), and WHITE,  
(*Sinapis Alba*.)

Those plants need no description; for every body knows the use of it at table. The seeds are used with much benefit in phlegmatic or inactive stomachs. They may be taken from a half to a table-spoon-full every morning in indigestion and phthisic. They are good in dropsies, in palsy and ague and fever; particularly in slow nervous fevers, the powdered seeds, a gill to a quart of wine, infused, and given in doses of a tea-cup-full occasionally, is excellent. Also, mustard whey, by boiling two spoon-fulls of the bruised seeds in one pint of milk and water, sweetened with sugar after the curd has separated, a gill given every two or three hours, is of infinite service; this promotes sweat; increases the urine, and stimulates the patient. In sinapisms, it is good to the soles of the feet; and if the head be much affected, in this way it tends much to produce a revulsion from the head. The mustard seed in any case, when applied externally, I believe in place of vinegar, that soft soap should be mixed with them.

#### SEVEN BARK.

This is a kind of shrub, growing in the southern parts of this Union, to the height of seven or eight feet, in low wet poor grounds; has large, rough leaves, and the trunk is covered with several thin barks, which always appear to be shedding off; of a brownish-yellow color. The blossoms are very large and beautiful, of a whitish color, which you see in June. The leaves and bark are very acrid in their taste; somewhat like the prickly ash. The bark or leaves bruised and made

into a poultice, are very serviceable on dry indolent ulcers, stimulating and producing suppuration. Also on tumors, swellings, bruises, &c.

CHERRY-TREE, WILD—(*Prunus Cerasus Virginiana.*)

This bark I have used a great deal, and always found it next best as a tonic in agues and fevers after dog-wood, to peruvian. It may be given either powdered, in substance, as the other barks are, or it may be given in decoction, a hand-full of the inner bark to a quart of water, and a tea-cup-full taken three or four times a-day; or else it may have an equal quantity of the bark of black haw root added to it, and take as much of the tea. warm, at the approach of the shake, as the stomach will bear; and even if it produces vomiting, it is good. In jaundice, this bark put into good spirits, a hand-full to the quart, well bruised, with the addition of thirty grains of aloes, and a dram taken three times a-day, is a most sovereign remedy after the stomach is cleansed. In bilious fevers in the advanced stages, when tonics are requisite, the cherry bark, in wine or spirits, is of admirable advantage; particularly where the stomach and bowels are greatly debilitated. The cherries or fruits make the most delicious, beautiful and wholesome bounce imaginable. And the gum of this tree is almost equal to the Arabic gum. The bark of the domestic cherry is almost equal to that of the wild, as a bitter, both for pleasantness and beauty. I believe it surpasses that of the wild cherry-tree bark.

ASPEN POPLAR—(*Populus Tremulus.*)

This is a very beautiful tree; and if it grows in the southern States, I have not observed it. In the north-western countries I have seen it in great abundance. It grows tall, slim and smooth, and resembles very much the Lombardy poplar, in both leaves and bark. The bark is amongst the best of our bitters, and may be used as all the other barks are in agues and fevers, bilious fevers, &c. By some, it is thought useful in rheumatism.

THOROUGHWORT, or BONE-SET,  
(*Eupatorium Perfoliatum.*)

This plant is often called Indian sage, from the use made of it by the Indians. They use it very extensively in all kinds of fevers, and particularly in ague and fever, it is their strong hold as a remedy. This herb is mostly found growing in low, marshy places, both cultivated and uncultivated. The stalk has no uniform height, from one to three feet, which is rough and covered with something like hairs. In the month of July, it has white flowers—the leaves grow opposite each other, one on a side; and their edges meet, so that the stalk passes through them, as if you had pushed the end of a weed through a leaf. The leaves are three or four inches long, very rough, and saw-edged, about an inch wide at the stalk, gradually tapering to a very sharp point, and very hairy. It is possessed of powerful medicinal virtues; in warm decoction, it powerfully produces discharges from the system, by puking, purging and sweating; and in some, it increases the urine greatly. In yellow fever, it is highly recommended by the best physicians of our country. The leaves are generally thought to be the best part for medicine—while some assert that the flowers are most active; however, I think there is but little difference in the blossoms and leaves. They are both very bitter, and are equal to camomile, as a bitter, for weakly females; or in any case requiring tonics. The common mode of exhibiting this medicine is about a hand full of the leaves or flowers to a quart of water, made into a strong decoction, and about half a gill, or a wine-glass full every hour or two. In this way, it produces the most copious and pleasant sweats, without increasing the fever in the least; its effects in sweating are very similar to those of the plenrisy root. If you will increase the above dose to about double or three times the quantity, and let the tea be a little more than blood heat, it is the most effectual in emptying the stomach, not only of its ordinary contents, but of all the bile. In fact, this



medicine acts well on the biliary or bile system, and also very properly on the liver; giving them a healthy action, by which they are able to throw off all redundant matter. The leaves or flowers in powder is an admirable purge, in doses of ten or fifteen, or even twenty grains. This medicine is said to be very efficacious in all cutaneous affections. You always bear in mind, when you go to use this as a sweat, that the stomach and bowels should be evacuated previously to the administration of it; I mean in all febrile cases, or in other words, in all kinds of fevers. There are many other diseases in which it is said to be very salutary; but I am in them unacquainted with its effects. And in fact, in some, I am disposed to think that some persons who have so highly extolled its virtues, have hardly made fair experiments of their own, but depend too much on others.

MOTHERWORT—(*Leonurus Cardiaca*.)

This plant grows about old fields and roads; has a strong, disagreeable bitter taste; has flowers in thorny quirls, the outside white, and inside of a purple color. An infusion or decoction of this plant is a very popular and useful remedy for females with fainting fits, and in any nervous diseases—such as hysterics, &c., a gill or half pint is said to be almost equal to a dose of laudanum, in producing a state of quietude and sleep in those cases.

MARSH MALLOW—(*Althea Officinalis*.)

Grows in swampy wet places. The leaves are large, and covered with a velvet-like substance—the blossoms appear in August, and have a pale whitish or flesh color. This herb is highly useful in asthma, colds, coughs, hoarseness, gravel, and dysentery or flux of the bowels; it is also valuable as an emollient poultice, on ulcers and risings. The decoction or infusion, a hand-full of the roots to a quart of water, a gill three or four times a-day.

AMERICAN SENNA—(*Cassia Marylandica*.)

This plant has been long known as a gentle and effec-

tive purgative medicine; and is in many parts of the U. States cultivated in the gardens. It is used as the imported senna is, sweetened with manna, or salts added, &c. The best additional medicine with it is fennel seeds. It may be made into a decoction, a hand-full to the quart, and given in small quantities till it operates. It is mostly intended for children and weakly persons.

VALERIAN—(*Valeriana Officinalis*.)

This is found plentifully in the western countries.—On the Ohio river where I have travelled, it may be found in great abundance, growing from one to about three feet high; the leaves are in pairs, large, of a brownish green color, and hairy—the blossoms are in large tufts, of a very pale red color. The root is the part for use, and consists of many small fibres, all matted together on one head, of a brownish cast. They have a very disagreeable smell. This root is very useful in all nervous and hysterical cases; in fits, epilepsy, &c. The dose in powder, is from one to four teaspoon-fulls a day.

BLOODWORT—(*Lapathum Sanguineum Rubrum*.)

Grows to the height of six or eight inches, about the margins of banks in wood-lands. On the top of the stalk you see a small purple blossom, which leaves little balls within the seeds. It has three or four hairy leaves lying flat on the ground, full of little red crooked veins—the roots are small and tough. A hand-full of these roots to a quart of water, in decoction, a gill every two hours, taken cool, is good for profuse menstruation, and other hemorrhages; also, with the addition of honey, it is valuable in coughs. The juice is said to cure snake-bites.

BALM—(*Melissa Officinalis*.)

Balm tea is no doubt a very valuable medicine. It is very excellent in old colds, taken night and morning, with a little vinegar and honey. It is good in hysterical and nervous weakness; and admirable in fevers of the typhus or nervous type, after the stomach is prepared for the use of it. As much as the stomach will

hold, (or if it even runs over) is good at the approach of a chill in ague and fever, as warm as it can well be taken.

In conversation with a good old Irish matron, who was then seventy years old, she told me she never had need of any apothecary medicine in all her life. Ah! said I, my dear madam, and how have you preserved your health so perfectly to such a good old age? Och! dearie! said she with great agitation, the bom, the bom; gin I e'er fale the laste queamish, or dency, I apply till the bom. An' hod I a wee bit o' the stuff on the great wather, the sa seck wad na' come in a lague o' me! Although I could not altogether concur with the old lady in the latter clause of her assertion, yet I had no doubt of the utility of it in many instances.

### SAMPSON SNAKE ROOT

Grows from half to a foot high, on dry poor ground in the woods, and bears on the top two or three pale blue blossoms.—The leaves are sword-shaped, and grow opposite—roots crooked and matted together; small, and has a very pleasant bitter taste. This is said on respectable authority to be excellent and almost specific for indigestion, in decoction, a hand-full to the quart, three gills a-day; or if the stomach receive spirits well, in them as a bitter. No doubt of this root making a valuable bitter: but whether it would be so very good in all cases of indigestion, I think it doubtful. Its good effects, I think, depend mostly on its bitter tonic powers.

### FLAX—(*Linum Usitalissimum*.)

Of this plant, the seeds are the most valuable in a medical line. And did you ever hear such a name to any thing as flax? The seeds should be made into a decoction or tea, in the following manner:—Put a small hand-full, or two or three spoon-fulls into a clean thin cloth, and boil them in a quart of water; and squeeze all the jelly through the cloth into the tea. Some persons drink the tea better if the seeds be parched before they are boiled; but this, in some degree perhaps, destroys part of the mucilage belonging to them. This tea, sweetened with honey, is a most valuable medicine in all coughs, old colds, catarrhs, or ulcers of the lungs; and here let me tell my kind reader, that colds are the very foundation of Consumptions! Why, then, should we be so very negligent in such cases, and always be

heard to say, I have nothing more than a *bad cold*? In the first stage is the very time to contend with colds. This tea is also excellent in bowel complaints, and heat in making water, called *ardor urinae*. In clap, it is inestimably useful as a common drink, cold.

GENTIAN—(*Gentiana*.)

This plant grows abundantly in the U. States, in waste places, and in the woods, two or three feet high. It has a smooth, straight stem, which rises above the leaves—the leaves grow out near the ground, very large, rough, and of a spear-shape—the flowers are yellow, and leave small, bright-yellow berries. The American gentian is equally as good as the imported roots. The roots are large, rough, and of a brownish yellow color, and have a sweetish pleasant bitter taste. This root is one of the most valuable remedies in weak stomach, as a bitter, in spirits; for hypo, hysterics, or any debilitated state of the stomach and bowels, or of the general system, it is remarkably invigorating. The quantity is from one to two or three tea-cup-fulls a-day. However, it is mostly taken in spirits, in composition with rhubarb, aloes, &c., to any reasonable quantity.

MEZEREON—(*Daphne Mezereum*.)

This is now admitted to be an American shrub, growing on the Ohio river; tho' it was formerly thought to be a native of Europe. It is called by several other names, as spurge laurel, dwarf bay, &c. It blossoms in the winter season, even in the cold climates, to which it seems to be indigenous—February is the month in which it bears flowers, and is often cultivated in the gardens for that reason; you will frequently see it bro't into the Cincinnati and Louisville markets for sale, by the gardeners of that section of country. The flowers are large, and of a beautiful rose color, leaving one berry to each blossom—the berries are of a handsome, delightful appearance, and often eaten by children; to whom, it is said, they are very deleterious, if taken in great quantities. The bark of the root is the part for medicine—and is reputed on good authority, to be use-



ful in putrid sore throats; and also excellent in pox, or other venereal diseases; particularly in nocturnal, or night-pains—even where mercury has failed in the cure. As a decoction, is the mode of using this root—begin with very little, or it will produce vomiting, and then increase the dose. Externally applied, this is said to draw good blisters.

#### CHARCOAL OF WOOD—(*Carbo Ligni.*)

Charcoal is a vegetable production; and is entitled to great merits. It is nothing more than common fire-coal, made simply by burning any kind of timber or wood into coals—which requires another process for medical purposes, and is then called by medical men, Carbon. However, charcoal may be made of many other substances—such as bread, bones, &c.; but the carbon, or charcoal of wood, is the kind before us, principally. The most correct mode of preparing charcoal of wood, is to take the fire coals, well burnt, of good sound green wood, hickory, pine, &c., and powder the coal very fine; put this powder into a vessel which can be tightly covered; raise a heat under the vessel, strong enough to make the coal red hot; then take off the vessel instantaneously, and let it cool with the lid on. When the coal is cool, take off the top or surface of the powder, throw it a-side, and then take out the balance as hastily as possible, and put it into bottles, which you must keep tightly stopped, else the carbon loses its gas. This is then ready for use. But the charcoal is mostly in domestic practice, and too often by careless physicians, made just by burning fire-coals over a second time, till they look red with fire; then putting out the fire, and cooling and powdering the coal, which is used immediately, without ever being bottled. This answers tolerably well; but is not near so efficacious as the other preparation. I had almost forgotten to tell you, that this coal should be not merely powdered, but levigated to a fine dust; this is very important in the preparation, and should be particularly remembered. In cases of indigestion, a table-spoon-full three times a-day, is an almost invaluable remedy; and with the addition of a little rose syrup, is still better, where habitual costiveness prevails in those cases. It is one of the most valuable medicines belonging to the catalogue, in putridity or putrescency of the bowels. In flux, &c., I have used it to admirable advantage, with the addition of a little laudanum, given in doses of a table-spoon-full every hour or so, through the day. For a burning at the stomach, with flatulent and sour belchings, a table-spoon-full at bed-time and early in

the morning, and even occasionally through the day, is surpassingly great. Mixed with poultices, on foul or foetid ulcers of any kind, it is frequently beneficial.

### BLACK ROOT, or CULVER'S ROOT.

Of this root, I speak from my own knowledge. The first that I knew of it, was from the use my parents made of it in their own family, for the ague and fever; which they cured, as well as I recollect, entirely with that root. This was perhaps about the year 1800, or '01, at the early settling of Tennessee—whence they derived their information, I know not. Altho' I was very small, yet the peculiar taste and salutary effects of the medicines left such a powerful impression on my mind, that I never forgot it. Neither did I forget the appearance of the weed; for I had to gather it often for them. This is a plant that lasts but one season; grows in low, glady, thin land, sometimes in upland, from one to two or three feet high; small, tough stalks, round, somewhat rough; often two or three growing from the same root—leaves oval, but rather sharp, growing in whirls of four or five at a joint; rough and saw-toothed on the edges—on every stalk a whitish tassel, in a spike shape of considerable length, about July and August. Either dry or fresh, the root in decoction, is a safe and effectual purge. It seems precisely adapted to bilious fevers of every kind; and possess the powers of cathartics, sudorifics, and particularly of tonics. It appears to supercede the use of calomel (that is, if it can be superceded at all). Dried and powdered, in small doses, it is a good tonic; or in tincture, green or dry. In large doses, it purges; and by encouraging it with warm drinks, it vomits some persons. It has the most renovating powers, agreeably to its safety, of any thing perhaps, known in the vegetable kingdom. It is excellent in most chronic or lingering complaints, where patients have recovered imperfectly from fevers, agues, dropsies, &c. In female complaints, it is valuable; it is undoubtedly a great corrector of the liver and biliary system—and above all, it is superior in snake bites.

The southern Indians all use it with great success—this I learnt within the last few years, partly from them, and partly from my own experience; for the best method is to make a strong tea, and give it warm, so as to produce copious evacuation by stool and sweating; and if the patient vomits occasionally, so much the better. This root I have seen growing in most of the western States plentifully.

SILK, or MILK-WEED—(*Apocynum Androsemissolium*.)

This plant grows in rich ground, from three to five feet high; red on the sunny sides, branching towards the top, from the same roots several branches—bears white blossoms, somewhat like those of buck-wheat; leaves opposite, large and oval, rather sharp at the points. The seeds are in pods of a reddish color, in pairs, two or three inches long, as large as a pipe-stem; hang down, containing when ripe, something like cotton. The root is an emetic, tonic and cathartic, or purge—good in fevers. Thompson says, “the root is one of the best correctors of the bile I know of.” It acts well on the urinary organs; and the southern Indians say they cure the venereal, or clap with it. It is valuable as a laxative bitter; when gathered, it should be kept carefully, else it loses its virtues.

BUTTON WEED, or CLAP WEED.

I do not know the technical name; but am well acquainted with the weed. The root is small, dark and fibrous; and has the most curious biting taste, producing a great flow of spittle—the stem grows from one to two or three feet high; has rough, small leaves, rather oval, but sharp; and bears a flower very much like a sun-flower, only the burr or seed part is more bulbous or round on the face; of a purple color, about the size of the thumb—grows about old-fields, and gladly uplands.—The root, it is said, will cure the worst clap, either chewed or in decoction. This I have from tolerably good authority, but never tried it myself, only in combination with other articles. There is another weed very common, which resembles it very much; but it is

smaller in every respect; the blossom not so large nor handsome; and you may easily distinguish them by the taste of the roots. The latter only has a common herbaceous taste.

PEARL ASHES—(*Carbonas Potassae Impura.*)

They are made of vegetable substances, and are well known to most people—they are of a white appearance, resembling fine table salt. Taken in water, it is good for gravels of some kinds. It will produce sweating, increase urine, and as a lotion where the skin is dry, it softens the skin, assists perspiration, and is very serviceable. It is good as a caustic in king's evil, white swellings, and any ulcers that require caustics. It is very healthy and palatable in wheat bread, about a teaspoon-full dissolved in the water.

NEVER WET.

The Indians use this plant very much. This grows in water, and may have other names. In spring branches that run slowly in the southern countries, you find it plentifully—the stem will grow to the surface of the water, even where it is 2 or 3 feet deep, so as for the leaf to lie on the surface, which is from six inches to a foot long, and two or three inches wide; of a light green, and the smoothest leaf I know of; remarkably tender, thick and fleshy; and as if covered with oil, never wets. They are excellent scalded and spread on burns of any kind; also on blisters, there is nothing better. They may be bruised or beaten, if the burn be deep, and put on in the form of a poultice. Good in other ulcers, &c.

ANISE—(*Pimpinella Anisum.*)

This plant is a native of Crete, Syria and other countries; cultivated in Europe and America. The roots are used, from which we obtain the anise oil—this oil has a beautiful smell, and sweet aromatic taste, mixes freely with spirits. It is good for colics, expels wind from the stomach and bowels, and is excellent in consumption and dyspepsia. The powdered seeds may be used as a tonic, with other articles.



DOG FENNEL—(*Anthemis Cotula*.)

This weed is well known, and is said to be an anodyne, tonic and sweating medicine; and a tea of it will often puke. Good in hysterics, asthma, rheumatism, colds and dropsies. It is used internally and externally; the tea warm, in small doses, sweats well. This article has not been used much by me; but from good authority, I have given the above. Bruised and applied to the flesh, it draws a blister in a very short time.

CAMPHOR TREE—(*Laurus Camphora*.)

This tree is a native of Japan, and grows to a considerable size in the forests. The medicinal virtues are in every part of the tree—the limbs, trunk and roots are cut to pieces and distilled; by which process we get the gum camphor. However, it is often found in lumps in the wood of the tree. This gum is brought to America, and sold to the druggists, from whom we obtain it. It is one amongst the best common-place medicines known to me. It is a valuable sweating medicine, in all cases that require it; such as colds, winter-fevers, influenzas, rheumatism, &c.; also in spasmodic affections. It is good for females in almost all hysterical or nervous diseases; and for nervous head-ache, both snuffed and applied externally. For all kinds of pains, application is seldom amiss. It is the best menstruum in which quinine or pepperine can be given for ague and fever—I here mean the tincture. It is good to increase labor-pains, where they are slow and dull, from a teaspoon-full of the common tincture to two, in warm tea of any kind. It prevents fainting; is good to increase urine, for gravel and for sick stomach. Where persons are choaked with worms, it will relieve them by taking a dram; good to prevent putrefaction, and for colic; to expel wind. It is excellent for strains and bruises, either on man or beast. After the stimulus ceases from camphor, the person is apt to feel a disposition to sleep, without feeling any bad effects. It leaves no disagreeable effects in fact, in any way, if but a due portion be

taken. This is saying a great deal for this medicine; but I speak from my own experience with it.

#### ASSAFCEDITA PLANT—(*Ferula Assafœdita*.)

This plant grows in, and is a native of Persia; it is perennial, or lasting but one year. The gum or resin (pronounced rez-zin) is procured from the root at least four years old. When the leaves begin to decay, the stems are broken off, and the dirt scraped from the roots; some time afterwards, the top of the root is cut square off, and two days after, the resin is scraped off the cut part, and the root cut, and the like operation made again and again, till it is all used. The resin is then exposed to the air till it is sufficiently hard—the best assafœdita is that which is clear, but of a pale red, and full of white streaks or lumps. This gum, either in pills or tincture, is good in all hysterical complaints; it is a quick and powerful stimulus, and a good remedy in spasms; it excites spitting, and is a worm medicine. It is good in croup, or bold hives; in whooping-cough, and in asthma. In old age, a dram of it is good every morning; good for sick stomach. Dose in pills as large as a large pea—in tincture, a small dram.

#### MYRRH—(*Myrrhæ*.)

The tree from which this gum is obtained, is not very well known. It is said to be a native of Arabia, Abyssinia, and the East Indies—the gum is hard, of a brownish red color; pleasant bitter taste, and has an aromatic, fragrant smell; is in small lumps, and is hard to pulverize finely. The tincture is best made in compound spirits of wine; any kind of good liquor will dissolve it. If you put water into the tincture, it gives it a whitish, turbid color. Myrrh is good in breast complaints, asthma and rheumatism; in nervous and hysteric affections. In obstructed menstruation, it is good; it is an excellent tonic, or restorer of health; also good for worm cases; and a wash, or even the tincture, is very good for old, ulcerated wounds. From ten to twenty grains of the powder is a dose; and the tincture may be given from a tea-spoon-full to twice or thrice

that quantity, in any kind of tea, agreeably to the age and strength of the patient.

ALLOE, or ALLOES; pronounced as spelt, and not *Allo-ways*, as it is vulgarly called. Technical name—(*Aloe Perfoliata*.)

This name is derived from the Hebrew word, Ah-lah; which means growing near the sea. In the island Socotora, in the Indian Ocean, it grows in great abundance; from whence it is brought to us, wrapped in skins. Aloes is distinguished into three species, or kinds—Caballine, Socottorine and Hepatic. The two last are the best for use. Caballina is called horse aloes, and is of a coarser, more inferior quality. The Hepatic is so called because it is said to have a more specific action on the liver, derived from the word *hepar*, which in Latin means the liver. It is of a light brown, and at the same time, a reddish yellow color; it breaks very smooth and clear, being very brittle: and has nearly the same medicinal virtues that the Socottorine has. It has a strong and fragrant smell, and the most intensely bitter taste that I am acquainted with—the socottorine is more aromatic in its smell. When you find it soft and clammy, it is not so good; however, in the heat of summer, some that is tolerably good may become soft. This is a very valuable medicine, indeed; and at the same time very innocent, in any way you will use it—either in pills, powders or tinctures. It is good in hysterics, obstructed menstruation, green sickness, bilious fever, ague and fevers, Saint Vitus' dance; and a good tonic. It is said to be good to stop bleeding in wounds; also cleansing to ulcers; but of these facts, from my own experience, I cannot say. And above all, it is one of the best correctors of the bile or biliary system, under my knowledge; also, excellent for worms. It is very strange to me, how the prejudice against the use of this medicine has been so long kept up. It is a very general belief, that the use of it is very injurious, and often brings on the piles, because it is said to act specifically on the lower part of the bowels. This is a

very unfounded notion indeed. I have had sufficient experience to convince me to the contrary; although for the first few years of my practice, I had imbibed the old prejudice; and was as much opposed to the use of it, as any body could be. It acts no more on the rectum, than any other good purgative. Most authors direct 5 to 10 or 15 grains for a dose! This is wonderful—for one or two, or at most, three or four grains, will act better than a greater dose. This I know from experience on myself, as well as on others; because I have been of a bilious habit, as it is called; which required a corrector of the bile or liver. Before I learnt better, I sometimes used calomel; but this has long since been laid aside for the aloes; which produced the desired effect, without the least danger.

If you feel bilious, take a grain or two at bed-time; next day, if necessary, you may work it off with other cathartic medicine. It is slow in its operation; but one of the surest medicines I ever tried. In spirits, it may be taken in drams, of such size as will be supposed to contain a grain or two. It acts quickest in tincture—in substance, it takes the stomach a long time to dissolve it.

#### GINGER—(*Zingiber*.)

There are two kinds of ginger, black and white. It is a native of the East Indies; but is cultivated in the West India islands, nearly in the manner that potatoes are. It is dug once a year, after it is ripe; however, it is sometimes dug at three or four months old, while tender, for preserving in syrup. It is preserved by boiling lightly, and then drying. The white ginger is the dearest and best; it is very good for colds in tea, for colics; for cold, weak constitutions, it is a good tonic; for the gout and old rheumatism, it is very good; it sweats readily and easily in tea. It is good for hysterics and nervous affections, in low fevers. Also good for females at their monthly periods, if they be too scant. For infants, a weak tea is good; particularly if they are inclined to be hivy or colicky. The tea is often serviceable in asthma.



CLOVE TREE—(*Eugenia Caryophylla*.)

This tree is a native of the Molucca Islands; but is cultivated in France and other countries. It is said to be a beautiful tall tree. The Dutch monopolized the cultivation for a long time, by destroying all but one tree. Every part of the tree has a beautiful aromatic smell and taste; very similar to spice; only so much stronger. What are called cloves, are the spikes which contain the leaves of the flowers, and are gathered in October and November, and smoked a few days; then dried in the sun. From these, a very strong oil is extracted by distillation; which is very similar in smell and taste to the cloves, but infinitely stronger. Powdered, they add very much to almost any tonics; they are stimulating, and incline to produce sweating; a few in bitters, make them very pleasant. With other articles, they are said to be good in old rheumatic diseases. The oil is good for tooth-ache; wet a little cotton with it, and plug the tooth, and repeat it as occasion requires. The oil makes one of the most delightful perfumes for the hair, on earth.

QUININE—(*Sulphate of Quinine*.)

This is a white powder; which, by a chymical process, is extracted from the peruvian bark. It is very light indeed; taking nearly half a pint in bulk, to make an ounce. It has a very pleasant bitter taste; but like other medicines, to some, is slightly nauseous. If properly given, it is a certain remedy for the ague and fever; but it should never be administered till the stomach and bowels have been emptied of their bilious and crude contents. In typhus fevers, it is also good; but should never be given in any case, till the intestinal canal is cleansed with other medicine. It is good in most chronic nervous cases, acting as a tonic, and invigorating the nerves. It is very far superior to the barks; it is pure, and not half so nauseous; and has another great advantage in its administration; the quantity for a dose is so much less, that it is much more agreeable to take. By some authors, it is said that the barks will cure

some cases, in which the quinine has failed. This may be true; but I have never met with a case that required a trial. This medicine was very little in use when I first commenced the practice; and being acquainted with the bark, I used it the first few years; since, I have laid it aside, for the use of the quinine.

I do not administer this medicine in the usual way. My mode of using it, is in tincture of camphor, or in laudanum; or a little of both together. Dissolve from one to ten or fifteen grains, in a tea-spoon-full of camphor tincture, and give it early in the morning; and repeat the dose again at the approach of the shake. If in laudanum, mix with it about from ten to forty drops of laudanum. Both of these preparations may be given in half a tea-cup-full of sweating tea, quite warm. The dose will have to be varied, to suit the age and strength of the patient. The common mode of using the quinine, is to put it into water, into which a few drops of oil of vitriol is dropped, which will readily dissolve it; and it is then fit for use, in potions suitable to the patient.— But I have tried both, and mine is far preferable; because camphor or opium is an excellent remedy for ague and fever.

#### EXTRACT OF PEPPER—(*Pepperine*.)

This is extracted from pepper by a chymical process, and is of a whitish yellow color; in small particles of a prismatic shape. It is very dry and light; has but little smell, and has a very strong pungent taste, very much resembling the pepper itself; only more pleasant. It may be used in all cases in which the pepper is beneficial; and is also a very powerful stimulant. Good in nervous complaints, low typhus fevers, agues and fevers, colics, &c. From two or three to ten or fifteen grains may be given in a little camphor, just as the approach of the shake is felt in agues; or in powder, or in a little sweating tea of any kind. The dose must be varied agreeably to the strength of the patient. It is sometimes given in mucillaginous drinks, such as flax-seed tea, solution of gum arabic, &c. Its operation is

very similar to that of the quinine in agues, and should never be administered till the stomach and bowels are well cleansed. In the administration, both of it and the quinine, the greatest danger is in giving them either on foul stomachs, or not giving enough. For if the intestinal canal is prepared for their reception, and they should produce too much excitement, it is a very easy matter to obviate that difficulty, by giving a gentle purgative, or an emetic.

CATECHU, pronounced CATTAKEU—(*Acacia Catechu*.)

The tree from which this gum or resin is obtained, is a native of Hindostan. The nuts are boiled till the resin leaves them; then taken out, and the water boiled down till it forms this gum. The second boiling of the nuts yields the best gum, or catechu; it is between a red. dish and yellowish brown, in small pieces, dry and brittle; it has an astringent bitterish taste. It is good for sore mouth, throat and palate, thrush and dysenteries. It forms a great part of the best tooth powder that I am acquainted with—in combination with other articles, it cures and preserves the gums and teeth beautifully—it is much better than the kino.

BALSAM COPAIVA—(*Balsamum Copabae*.)

The tree that yields this balsam is a native of the West Indies and South America. It grows very large—the balsam runs from incisions made in the tree. When fresh, the balsam is clear, of a pale, whitish yellow color, and about the thickness of good castor oil; but when old, it is thicker, and assumes a deeper color. The best balsam is brought from Brazil; it has a peculiar smell and taste, both somewhat fragrant, and taste to most people nauseous; leaving in the mouth a very unpleasant bitterness. This balsam is unquestionably among the best medicines in clap that has ever yet been discovered, taken in all stages. In combination with some other medicines, it in some instances appears to be improved in its efficacy in this complaint; but even given alone, I have never known it to fail curing, if properly employed. This balsam may be combined with sweet spirits of nitre, gum arabic, and several other articles, in the above complaint. It seems to undergo a peculiar change in some way, in its very nature, when administered in clap; for notwithstanding, it is almost a specific remedy, yet no way of using it answers the pur-

pose, only by the mouth. Even when the water passage is affected but a few inches up, it will not do to inject the medicine—this has been done in various compositions, in order to mitigate its exciting effects. When taken by the mouth, in its passage, then it certainly undergoes a chymical change before it reaches the urinary organs. It is recommended in the whites, and other diseases of the bladder, kidneys, &c. The dose in clap, is from 20 to 40 drops, twice or thrice a-day. In clap I have had much experience, and some in whites; but in other complaints I have not. It is often adulterated, which keeps the clap on hand a long time; it is adulterated with rape oil, castor oil, &c. To a person unacquainted with this medicine, he is often deceived in this way. If it has a brown cast, and is very thick and bitter, you may suspect its genuineness.

There is a preparation called the solidified balsam; which by some, is thought better than the balsam in its common state.—But I never found it any better; only that to some, it is less nauseous.

#### CREAM OF TARTAR—(*Super Tartras Potassae.*)

This salt, as it may be called, is a vegetable production from the grape vine. In wine casks, it is found sticking to the sides as the wine subsides. It is purified by boiling it in water with clay, and strained while hot; then stands and chrysalizes; which chrysalts are taken off for use. It is nearly white, mostly lumpy, but may easily be finely powdered; has a very pleasant acid taste, and but little smell; when taken into the mouth, has a sort of rough, gritty feeling. It dissolves very easily in water, either hot or cold; a table-spoon-full to the gill or more. However, you always find some sediment at the bottom of the vessel in which you dissolve it, which should not be used. It is a very mild and agreeable purgative. from one to two table-spoon-fulls; also acts well on the urinary organs, causing a great flow of clear urine. It may be used in fevers, and is excellent in dropsies—there is no danger in the use of it. Frequent use of it is good to reduce the system, when too fat; in all inflammatory cases, it is cooling and useful. In hot climates, a little of it occasionally, is very good; keeping the bowels regular, and the system cool.

#### SALT—(*Soda.*)

Soda is a word used by the Arabians. It is mostly obtained from plants which grow on the sea shores—those sea plants are first gathered and burnt to ashes, and the lie of the ashes filtered; and the remainder of alkali reduced to the substance called soda.

There are several different preparations of this soda. The



subcarbonat of soda (*sodae subcarbonas*), and super-carbonat of soda, or soda water (*aqua super-carbonatis sodae*). Soda is a whitish colored powder, having but little smell, and a saltish-bitter, and yet a pleasant taste. The medicine we get, called soda powder, is mixed—in the blue paper is contained half a drachm of soda, and in the white paper, twenty five grains of tartaric acid. The seidlitz powders are prepared in a similar manner, containing in the white paper, two drachms of tartarized soda, and two scruples of carbonat of soda; and in the blue paper, 35 grains of tartaric acid. Put each powder into separate glasses; each glass containing a gill of water; dissolve the powders; then pour the contents of one glass into the other; as they mix together, the water instantly begins to boil. It must be drank very hastily; or else, when it ceases to boil, it is very unpleasant—but while boiling, it is very pleasant and cool. The cause of its boiling, is nothing more than the gas making its escape; which, in its passage, agitates the water. Any person may make these powders, and use the drink. Get the soda and tartaric acid from any apothecary, and either have them weighed, or else put two tea-spoon-fulls of the soda into one paper, and one of the tartaric acid into the other; and whenever you wish to take a drink of them, dissolve them in water, and drink as above directed; you may dissolve them in a less quantity of water, if you choose. They are very innocent, and any body may use them. They are very cooling for inward fevers; quench thirst, settle sickness at the stomach; increase urine; and are good in diseases of the kidneys, bladder, &c. This drink is very good in warm climates; acting gently on the bowels, and suppressing inward fever; and carrying off crude and bilious matter.

### TARTARIC ACID.

It may be necessary to mention, that this acid is a vegetable production from the wine of grapes. It is a fine white powder, but if exposed to the air, becomes damp and clotty; has the most pleasant acid taste of almost any thing I am acquainted with. It may be used alone, dissolved in water, or with the soda; a tea-spoon-full in a glass of water, is very cooling and pleasant; it may be sweetened with loaf sugar, and a little nutmeg added.

### MUSK—(*Moschus*.)

The animal from which musk is obtained, is an inhabitant of the Alps, and other mountains of Asia. It is about the size of a deer, and very gentle—the musk bag lies on the belly, just in front of the sheath, between this and the navel. In the young animal, it is not found; but in all adult males it is seen. Its color is dark, reddish, brown; and sometimes of a rusty blackish

color; it is in lumps, of a bitterish taste, and a peculiar pungent, powerful smell—perhaps the most durable smell on earth.

Seven years ago, I carried a very small piece wrapped in paper, in my vest pocket, a few days, with my pocket lancet. I have the lancet yet; and can plainly smell the musk on it this moment; notwithstanding the many changes of clothing, and great use that has been made of it. It is a powerful stimulant; excites the pulse with but little heat; allays spasms; good in typhus fever, delirium, hiccups, &c. In the latter complaint, I have used it most, where some particular organ, as the milt, liver, &c., is in a spasm, from ten to twenty grains of the musk, with a little camphor, is sure relief. In hysterics, twitching of the nerves, and in fact, in all nervous cases, it is good.

#### HARTSHORN—(*Cornu Cervi Calcinatedum*.)

This is made by burning deers' horns; and has a white appearance; smells very strong and pungent.

#### SPIRIT OF HARTSHORN—(*Spiritus Amoniac*.)

This preparation is in very common use; and is a good medicine. It may be smelt for head-ache, for nervous affections, &c. Ten or twenty drops may be used with water or camphor, to increase labor-pains. Externally, it forms, with other substances, an excellent linament for bruises, strains, &c.

#### INDIAN TOBACCO—(*Lobelia Inflata*.)

By some called emetic weed, &c. This plant grows in most parts of America; and is the plant you hear so much fuss about, among steam doctors. The leaves in the spring and first of the summer, lie flat on the ground; from the size of your nail to that of a dollar; in nearly a round shape. It looks of a pale yellow, after withstanding the winter snows and frosts. Early in the spring or summer, it puts forth a small stalk, with many branches, about 12 or 18 inches high, tolerably full of leaves. About the month of July, later or earlier, owing to the climate in which it grows, it bears small, pale blue blossoms, which are succeeded by little pods as large as common beans, full of small seeds.—These pods have some resemblance of a short powder-horn, or more perhaps, of the human stomach—the pods ripen and turn yellow about the first of September. This plant lasts two years, or is what is called a biennial plant—the best time for gathering it, is when the leaves begin to turn yellow; but the whole herb is equally efficacious, or nearly so, at all stages of its growth. It must be dried in the shade, and either the roots, leaves or seeds powdered for use. A tea-spoon-full is a full dose for grown persons, and in a less proportion for children—the powder or tincture should be preserved from the air. It is a specific for the

phthisic; for this complaint, it may be used in tincture, or the powder made into a syrup. In taking this medicine, you will always, for the asthma, or any disease of the lungs, take enough to produce a slight sickness at the stomach, two or three times a-day. And in a spasm or fit of the asthma, enough should be taken to produce puking. Notwithstanding the many objections to this medicine, I know from experience, that it is one of our best emetics. My prejudices were very great against the use of it, till within the last few years; since which time, from experience, I know it to be an excellent medicine. It may be safely used in all ages and diseases, in which emetics are requisite. And as to some medical gentlemen telling you it is the same as common tobacco in its effects on the human system, it is untrue; because they certainly contain different chymical properties. And it matters not who has made the discovery of its virtues; it is a valuable medicine, and should not be unjustly abused, for the sake of opposition.

QUICKSILVER—(*Mercury, or Hydrargyrum.*)

This mineral or metal is found in small particles on the surface of cinnabar ores, or on the surfaces and crevices of some kinds of stones; also with silver ore adhering to the silver, and very often with sulphur, &c. From this mercury, several preparations are made, for medical uses—for instance, the calomel (*hydrargyri submuriatis*), or as it is called by some, the mild muriat of mercury; the corrosive sublimate (*hydrargyri oxy-muriatis*); red precipitate, called in technical language, (*hydrargyri nitrico oxydum*); white precipitate, called by many names, but in the London pharmacopia, (*hydrargyrum precipitatum album*), &c. Mercury, or quicksilver, in its crude or natural state, has nearly the appearance of melted lead; and in the countries of Spain, South America and Hungary, it is found in great abundance. In its metallic state, it has but little power; the preparation called calomel, is a very powerful and efficacious medicine; and notwithstanding its great danger if improperly managed, yet it is a very valuable and useful medicine. In fevers, and a great variety of other diseases, it is very useful; but the carelessness and ignorance with which it is much administered, has injured its reputation, and made people afraid of it.

The dose to grown persons is from 10 to 20 grains; and less in proportion for children. Infants should seldom, if ever, take this medicine; it is too powerful for their tender stomachs and bowels. In obstructions of the glands, complaints of the skin, &c., calomel is excellent. In advanced stages of pulmonary, or consumption of the lungs, calomel is not good; and seldom should be used in dyspepsia, and some other diseases. In many cases and constitutions, small doses produce better effects than large ones. It is one of the most universal and powerful stimulants we have; but slow in its operations. The other preparations of mercury are very useful; corrosive sublimate is the strongest; from the eighth to the quarter of a grain, dissolved in water, or some fluid, is a full dose for a grown person. One grain will kill a man taken inwardly, in a few hours. It is used internally in pox, and externally, it removes proud flesh, &c. Red precipitate is excellent for making itch ointment, and drying up old sores. An ointment made of it is good for chronic sore eye-lids, where they have become swelled, red, and hard round the edges.

#### TABLE SALT

Is an excellent medicine in cholera morbus, or puking and purging; dissolve a large table-spoon-full in a half pint of warm water, and drink it—this will cleanse the stomach and bowels; and at the same time produce a copious sweat, and thereby give relief. For foul stomach, it is also good, taken in like manner. Externally for tumors, dropsies, swelled legs, &c., it is very serviceable.

#### SALTPETRE—(Nitric)

Is good for the heart-burn, either dissolved, or taken in its natural state. Where there is much inward fever and thirst, a little taken occasionally, is good. Dissolved and sweetened with honey, it makes a good gargle for sore mouth; a bit the size of the end of the finger is enough to take inwardly. It is good for the gravel,



if there is not too much inflammation in the bladder, and parts connected with it.

#### SUGAR OF LEAD—(*Sacharum Saturni*.)

Is a useful mineral. Dissolved in water, it is good for the inflammatory sore eyes, to drop it in them three or four times a-day. For Saint Anthony's fire, (erysipelas), a solution washed with every half hour so, is good. After the inflammatory stage of clap has ceased, a weak solution injected is good.

#### IRON FILINGS—(*Ferrum*.)

This is one of the finest tonics in the list of medicines; and what is called steel dust, &c. differs but little from it, in its effects. You can make iron dust at any blacksmith's shop, by heating a piece of iron to a very great heat, and rubbing it with rolls of brimstone, and letting the melted parts drop into a vessel of water: then powder it finely in a cast mortar or pot; sift it thro' fine book muslin—this is the best preparation of iron or steel, that I have ever used. It is far preferable to the iron rust (*rubigo ferri*). It may be given from 5 to 20 grains, to suit the age and strength of the patient. In dropsies, weak bowels, stomachs, and in most cases of debility, it is good.

#### TARTAR EMETIC—(*Tartarum Emeticum*.)

This medicine is much and dangerously used. From 1 to 6 grains will produce powerful and copious vomiting; and if there be a diseased organ, as the liver, &c., this medicine is apt to produce violent cramps, which often result in death; also, if the system, or any large part of it, be in a high state of inflammation. I have used it but little. If used at all, it should be commenced with in very small quantities, and very gradually increased. Bilious fevers, and other bilious cases, are the principal instances in which I could recommend it.

#### IMPORTED IPECACUANHA.

This plant is a native of the provinces of the Brazils, &c. It is perennial, or lasting but one year—the root is the part for use, when pulverized. In doses of

from 10 to 15 or 20 grains, or say a tea-spoon-full, it is one of the best pukes known to the catalogue of medicines; it is slow, but certain, and mild in its operations. In small doses, it produces gentle sweating, and in still smaller, say a grain or two, it acts as a tonic. For children, in croup, bowel complaints, &c., it is with me, an almost indispensable medicine. It is good, given just at the approach of the shake in ague, and in all other fevers.

#### MAGNESIUM

Is the base of all magnesia. Calcined magnesia is the best; you get it in the apothecary, drug shops and stores. It is a very light and white powder, sometimes in lumps; it is very innocent; you may take from a table-spoon-full to double that quantity. It absorbs or takes up all the sour and impure matter in the stomach; relieves heart-burn, flatulency, and other burnings at the stomach, and acts gently on the bowels as a purge, in large doses. It is excellent for children in old bowel complaints, and for pregnant women; and persons subject to indigestion or dyspepsia.

#### PREPARED CHALK—(*Creta Alba.*)

Is found in the doctors' shops, and stores; in whitish gray lumps; very easily pulverized; and is used for the same purposes that the foregoing magnesia is; and when one cannot be had, the other will answer nearly the same purposes. They are both innocent, and you may eat and drink any thing you please in the use of them. They are both very cheap; not more than from 12½ to 25 cents an ounce; and some places less.

## PART IV.—CHAP I; or PRACTICAL PART.

As I have promised a system of steam practice in this work; for the benefit of those who choose to use it, and also for my own convenience in making references to it from the balance of the practical part of this book, I have thought proper to place it at the beginning of this part of the work. Any thing like a steam practice, I am well aware, to some persons, is very frightful; but when they understand my plan, they will all pronounce it simple, easy and useful. It amounts to nothing more than showing them how and when to prepare the system for sweating, and the mode of sweating, on the most safe and convenient plan for the sick, which is now known to the world. This plan is of my own invention, and entirely new. My system, or course, includes five numbers; all of which are here explained; and throughout the balance of the work, wherever I have thought sweating *necessary* in any complaint, I have referred you to the proper number contained in this system. I say where I thought it *necessary* in any complaint, because I am not supposing that the course here laid down, will be applicable to all diseases; but every rational person knows that in a vast number of diseases, sweating or steaming, or whatever they please to call it, is very essential and successful. Then, because *steaming* has gotten a bad name with some, let us not suffer our prejudices to overbalance our better judgment on the subject. In the first place, I give you my first number in this course, and show you how to use it; and so on, of the whole five numbers.

No. 1.—For cleansing the stomach, and exciting general action on the system :

As the imported ipecac is the most mild, innocent and certain emetic; and the lobelia the most active in cleansing the stomach, and producing general action on the

system without danger, I prefer them used together, in equal parts. A tea-spoon-full of the whole is a dose for a grown person, and from that, to double the quantity; and for children, less, in proportion to their age and strength. Put the dose into half a glass of water about blood warm, and give one fourth part, or a third, every eight or ten minutes. The dose for children should be put into less water, and a little sugar added: then strained thro' a cloth, and given in like manner. As soon as you have had one good motion, have lukewarm water ready, and drink a good draught of it; and so on at every interval of vomiting, plenty of warm water must be drunk; this assists in cleansing the stomach, and also in sweating. If you wish to encourage vomiting, nothing should be drank above blood heat; for any thing above that heat, tends to check the action of the medicine, and destroy its properties; for you must recollect that it should never be put in hot water. As to the medicines used in this number for vomiting, it is a mere matter of choice; I have told you what kinds I prefer in most cases. If you choose, you may use the wild ipecac, the milk or silk weed, or even tartar emetic, white vitriol, or any articles you please, for cleansing the stomach. But the same rules must be observed in the use of all. If tartar, or any mineral medicines be used in vomiting, but little cold water must be drank for some hours after. In fact, this rule must be observed, let you take what kind you will; because every pore of the system, and the absorbent vessels of the stomach and bowels become opened from the operation, and are very susceptible of cold from any thing that is taken cold into the stomach. Always, immediately after the act of puking, while you are sweating freely, a little cover should be thrown over you, till this copious sweating subsides a little—I mean when you are not taking the vapor bath, or steaming.

No. 2.—To empty the bowels of their improper contents, and prepare the system for sweating:

Under this head, in bilious complaints, after the sto-



mach is emptied by No. 1, give ten grains of calomel, with ten of culver's root, powdered, or two grains of aloes may be used, either in place of the calomel or culver's root, and the may-apple root in powder, or walnut pills may be substituted for the culver's root. This dose is for grown persons; and less in proportion to size and age, may be given to children. In inflammatory cases, a dose of epsom salts (magnesia sulphas), cream of tartar, or any other cooling purgative medicine; for little children, rhubarb is the best; but oil, or other articles may be used, such as seuna, &c. Under this head, glystering or clystering is often necessary; and in fact, seldom a-miss. It is the most speedy and safe means of emptying the bowels of any that can be used; and nothing but pride and laziness prevents it from being more practised than it is. But these feelings should not govern us in relieving our fellow beings of their distresses. It not only empties the bowels, but softens and relaxes them, and the whole system; and greatly assists in exciting perspiration or sweating. And where the bowels are tender, it supplies them with that mucous or lubricating substance, which nature lacks. Every family should keep a glyster-pipe, which will not cost them more than from 25 to 75 cents; or they may prepare a good strong bladder, by fastening a smooth quill in the neck of it; or make a little bag of leather in the shape of a bladder, with a quill fixed in the same way. In many instances, where the stomach is so weak and irritable that nothing can be retained, this is a most happy and successful practice. In cases which require a hasty operation on the bowels, or where purgative medicines have been given and not operated, the glyster is a great remedy. This practice of giving half a dozen or more doses of strong purgative medicine in succession, because the first did not operate, is dreadful. If the first or second at most, should not work, never wait for any more; but begin with your injections, and you obtain your object in a very short time. By relaxing and emptying the lower part of the bowels, you

make way for the balance of their contents. Your glysters, or *enemata*, as a medical man would call them, may be made of various articles; such as starch, flour, corn meal, &c. with a little lard, oil, casteel soap, &c. put into it. For an active glyster, make thin gruel in the common way, either of flour or corn meal, and to every pint add a table-spoon-full of lard, and one of table salt. Castor oil and epsom salts, are sometimes used instead of the above. In cases of inflammation of the bowels, such as slippery-elm bark tea, flax-seed tea, starch, and such like, must be used. In cases of flux, or other painful condition of the bowels, a few drops of laudanum may be added to the glyster. For worms in the rectum, the tincture of aloes, weakened with water, juice of rue, tansey, and other bitter substances, may be used. Glysters must never be injected above blood-heat; for if they are, they become painful. In cases of inflammation they may be used nearly cold. The utility of injections of this kind are entirely unknown to persons who have not made the experiments with them. Any person can use them, by introducing the pipe into the fundament slowly and easily; the end of the pipe should always be oiled to make it easy to the rectum.

Blood-letting comes under this head; because, many times after having puked, purged and glystered, yet the pulse, from the irregularity of the system, and from fullness of habit, is too strong to sweat well, or safely.--- Hence the necessity of drawing blood. Then if you find the pulse full and hard, and the pains from puking, glystering, &c. do not seem to abate, and tho person be full of blood, or very bilious, bleeding will be proper: for in bilious cases, the bile is not only in the stomach and bowels, but it is diffused throughout the whole system, blood and all; this any person may see from the color of the skin, eyes, &c. so that in whatever quantity of blood you draw, you take with it a proportional quantity of bile. This thing of objecting to bleeding among medical men, is more for controversy and argument

than any thing else. They tell you it is the very vital principle; suppose it is; does it not go the rounds, and become renewed every few hours of our lives? And admitting the loss of it should weaken us a little; had we not better bear a few days' debility than several days' or weeks' pain, or perhaps even death?

When you go to bleed, draw a little bandage of tolerably soft linen of any kind, or a garter an inch wide, around the arm, between one and two inches above the place where you intend making the orifice. This bandage should be long enough to go twice around and tie; of its tightness you will be governed by the fulness of the vein. The patient should hold a staff or something in his hand, to keep the vein up; this done, place your left thumb on the vein, about an inch below where you intend opening it; press on it, so as to hold it firmly, and take the lancet between your other thumb and fore-finger, nearly in the same manner that you hold a pencil, in a slanting position, and without changing it, make the orifice; for if you raise the point of the lancet, you give additional pain, and make the incision too large; and if you turn the point down, you pierce it thro' the under side of the vein, and even sometimes go into the artery that lies under the vein, or into a leader, or tendon. In some instances, after the orifice is made, the vein bleeds better by slacking the bandage; sometimes by making it tighter. When you wish to stop the blood, do not put your thumb or finger on the orifice, as is the common practice; but put it about half an inch, or on some veins an inch below the orifice, and draw your thumb or finger downwards, not letting it slip on the vein, but stretching the vein down with it; this draws the two sides of the opening together. The best thing to put on the orifice is a piece of scorched cotton; and over that, draw a bandage an inch or two wide, twice round the arm, letting it cross immediately on the orifice, and one part going above, and the other below the elbow. Tie it tolerably tight at first; and after half an hour or so, when the lips of the orifice have had time to

cohere, or stick together, you may slack the bandage. To bleed in the foot, draw a bandage tight around the ankle, and always have a vessel with blood-warm water, to put the foot into, after the incision is made; for it never bleeds so well out of water; and if it does, it is apt to puff. The water should not be hot; for if it is, it contracts the orifice, and stops the bleeding. The lancet must be held rather more slanting on the vein of the foot, than on that of the arm; because it lies much more shallow. You close the orifice the same way you do in the arm: but you will commonly find it necessary to apply a small fold of linen over the cotton, and draw your bandage a little tighter. In bleeding, if you should cut an artery, you will know it by the blood coming out in squirts or jirks; when you see this, there is danger; and you had best have medical aid immediately.

No. 3.—For opening the pores, removing obstructions, and expelling morbid matter:

The machine which I have lately invented for sweating or steaming, should be kept in every family; any body can make it, or have it made, with a few shillings' expense. It is framed together somewhat like a bedstead; of small pieces for rails and legs. It must be 6 feet long,  $2\frac{1}{2}$  feet wide, the legs 1 foot long; a head-board on the outside at one end, large enough to lay a pillow on, and set two or three inches from the main frame; so that the blankets may be drawn close around the neck while in the bath; a thin piece of coarse cloth must be stretched tightly over the top, after the manner of a cot, and uprights at every corner, and framed round after the fashion of a curtain bedstead, only coarse and cheap; these are to hang blankets over, which must reach the floor all round. When you want to steam or sweat any person, let him get into this machine, lie down with his head out on the pillow wrapping the blankets closely around his neck; and set three pans or vessels of water, one under his breast or shoulders one under his middle, and the third under his feet, and



put a hot rock into each; this will raise a steam instantly; from which you may give the most copious and easy sweat, of any way on earth. If you choose, give him any kind of sweating drinks, such as spice-wood tea, pennyroyal, sassafras, pleurisy root, red pepper, ginger, or any thing of the kind. My composition in most cases, is a hand-full of pleurisy root, a hand-full of spice-wood roots, and a pod of red pepper, in pleurisies and other inflammatory cases; sometimes I add the seneka snake root and camphor in decoction, given in small quantities occasionally. In bilious cases, I depend very much on a decoction of the black snake root, the culver's root, and a little ipecac added; but a very small portion of the culver's root must be used in sweating: because in large doses it purges. The patient should be stripped all but his shirt, or even that if he chooses: fifteen or twenty minutes, sometimes less, sometimes more, will be long enough to keep him in; when he comes out, wrap him up in a warm sheet, or if the weather be cold, in a warm blanket, and lay him in a bed, and give some of the warm tea, for fear the sweating may be checked.

In this machine, you may sweat a child or a weak person who wishes to lie down, without any trouble. This is much easier, safer, and more successful than Thompson's plan, of the patient standing up all the time; or if it be a child, of holding it on your lap. Another great advantage this has over that of Thompson's is that when you have sweated as much as you wish, you can be removed and laid on a dry bed, where you can lie comfortably. Thompson's plan of applying the steam and cold affusions of water and vinegar alternately to the surface of the body, is improper, and dangerous in the extreme. And giving vomits while sweating, as he does, is more than every person can bear.

No. 4.—For stimulating, and restoring an equal circulation, and equal action on the system; or what is called an equilibrium, and easing pain.

In many instances, the patient sinks into debility,

and loses the equal balance, which the laws of health require. It matters not in what stage of the disease this occurs, a stimulus is necessary. When you observe this, a pill of opium as large as a pepper grain, may be given, or 20 or 30 drops of landanum may be given to a grown person, and in a less praportion to children. A tea-spoon-full of ether in half a glass of water, a little weak toddy, about 10 or 15 drops of hartshorn in a gill of water, a little sangaree, a tea-spoon-full or two of the tincture of camphor, or a pill of assafordita, will answer. Many other stimulants may be used, which you may select from my *Materia Medica*.

The above articles may be administered occasionally, agreeably to the circumstances of the patient, so as not to excite the system above its powers, and so as to keep up a slight and equal stimulus on every part of the system, till every part, in a proportional manner, performs its office; for if you use them too largely, the system becomes over-charged; and at last sinks in proportion to the over-excitement which has been produced. The same medicines, given in much greater quantities, will relieve spasms or cramps; and thereby restore an equilibrium in those cases.

No. 5.—For giving tone and strength to the whole system:

Under this head, one of the best tonics is composed of iron dust, rhubarb, gentian, dogwood bark, and poplar root bark; say half an ounce of iron dust, one ounce rhubarb, one ounce gentian, one ounce dog-wood bark pulverized, one ounce poplar bark, all put into a quart of good wine, and a wine-glass taken before breakfast and diuner; sometimes I add a little seneka snake root. In nervous cases, and where there is irregular circulation of the blood, and palpitation of the heart, instead of the dogwood, I add a tea-spoon-full of the quinine, and an ounce of burdoc root. The black tonic or *mud*, which will be found explained in the last part of this book, is an excellent tonic in many cases. Many other tonics might be mentioned; but you will select them

from my *Materia Medica*. It would be impossible to lay down a sufficient number of medicines in this system to cure all complaints. If that could be done, there would be no use for the many articles contained in my work. This course is intended to give a general correct idea of the mode of treating diseases. In a majority of cases, puking, which is explained under No. 1, is good; and glystering, purging, &c. is explained under No. 2. Under No. 3, the plan of sweating is shown. and the apparatus for the purpose described. Under No. 4, the stimulating medicines are given; and under the 5th and last number, the best tonics, or restoring medicines, are laid down. By this course, you plainly understand that it is improper to give a sweat, in almost any case, before you have unloaded the stomach and bowels. and have in some instances taken blood; by which course you relax the system, and prepare it for a gentle and easy sweat. This course in most cases will be found successful. But this thing of trying to force a sweat on a person with his bowels full of bile and other impurities, (admitting his stomach should be emptied) by smothering the patient up in blankets, and raising a steam under him, or putting him in bed, and piling hot rocks around him, while he has a burning fever, or some local inflammation, is death!

I will here give you an idea of Thompson's course of steam practice. It contains 6 numbers:—Under No. 1, he gives you but one medicine, lobelia, For cleansing the stomach or in other words for vomiting &c. This medicine he gives indiscriminately in all cases, to all ages and sexes.

Under his No. 2, For keeping up internal heat of the system and causing perspiration you find the red and black pepper, and ginger.

Under his No. 3, For removing as he calls it—the *Canker* of the stomach &c he gives you bayberry white pond lilly-root, spruce-pine, or as he calls it, hemlock bark, marsh rosemary root, shumac bark, leaves and

berries, witch-hazle leaves, red raspberry leaves, and squaw weed.

Under his No. 4, For correcting bile and assisting or restoring digestion, he gives you bitter herb, or balmoney, poplar bark, barbary root bark, root of bitter milk weed root of golden seal.

Under No. 5, As a syrup for Dysentery for strengthening the stomach bowels &c. he gives you peach meats, and cherry stones.

And under the 6th and last number, he makes rhumatic drops as he calls them, to remove pains &c. and increase heat; of Gum myrrh, red pepper, spirits of turpentine and camphor, put into fourth proof brandy, and as he calls them, "high wines."

With these and a few other vegetables, which he says are unimportant, he allows you to cure all diseases. He tells you that "heat is life, and cold is death."—From this principle, it would seem that so long as we keep the system hot, we should never die. But we know that we may either keep the system heated to, or above the standard of health, and yet death takes place. He does not allow you to use opium nor minerals of any kind, as he says; and yet we find him using magnesia, copperas, iron and other articles. He most violently opposes the use of ardent spirits, by telling you they are a slow poison; and at the same time directs his No. 6 to be prepared in "fourth proof brandy, or high wines." He is opposed to bleeding or blistering under all circumstances, in any way. He tells you that fever is a friend in disease; and if this were the fact, how easy it would be to continue it on us.

I have not given these outlines of Thomson's course to lessen his work in the estimation of the public; but honestly to show that his system is too circumscribed or limited; and that from lack of education, he has an uncontrollable prejudice against some of the most useful medicines in the world. His work is useful; and he is entitled to much credit for his experimental discoveries, and should not be abused, because his op-



portunities have not been equal to other medical men. How many of the best mechanics do we see in the world, who never served a regular apprenticeship? How many of the most eloquent and conspicuous men in life do we find, without classic educations? Let us therefore "render unto Cæsar, that which is Cæsar's."

My kind readers, I will not trouble you here with a long and tiresome treatise on the doctrines, &c. or what is called the *pathology* of diseases; but endeavor to give you the symptoms, and tell you how to cure them, in the most plain, certain and simple manner. As colds are the cause of most diseases, by checking perspiration and obstructing the general circulation of all the fluids, and thereby producing a morbid action, or in plainer language, a diseased condition of the whole system, I will first begin with COLDS.

*Symptoms.*—You first feel a stoppage of the nose, heat in the eyes, and tightness across the forehead and breast; a dull, heavy pain in the head, and sometimes all over the whole frame. Sometimes a heat in the breast, and slight sickness at the stomach, mostly with little chills creeping up your back, and sometimes all over you; and many times a sore throat.

*Remedies.*—The moment you take cold, take a good hearty drink of warm sweating tea; say red pepper, pennyroyal, ginger, balm, spicewood, ground ivy, dittany, sage, warm toddy, or any thing that will raise a gentle sweat; and stay in the house; and if the weather be cold, sit by the fire. If this should not give relief, bathe your feet 10 or 20 minutes in warm water; observing not to throw the water any higher on your legs than it comes in the vessel; because if you do, you alternately have the hot water and cold air on them, which does more harm than good, by such sudden changes from heat to cold. Dry your feet, and draw on your stockings and shoes, warm; or else, if you choose, lie down in bed, wrap your feet in warm flannel, or woollen, and lay a hot rock, brick, or iron to them; and drink freely

of the hot teas, without regard to quantity, till you sweat freely. For a grown person, half a table-spoon-full of Bateman's drops may be taken with the tea; and the proper quantity in proportion for children. If you do not get relief from this course, take one or two table-spoon-fulls of cream of tartar in a glass of warm water; which will purge, assist in sweating, and increase the urine; and remove the bile from the stomach, if there be any. Nearly a table spoon-full of Culver's root powder may be taken, or the same quantity of salts, castor oil, or any other cooling purge; and for small persons the dose must be made in proportion, to suit the age and strength. If the patient be full of blood, and has a full strong corded pulse, which does not give way from the pressure of the finger, take a pint of blood; but if advanced in age, or of weak habit, it will in most cases of cold, be improper to draw blood.

For the stoppage in the nose and head, snuff the steam of hot vinegar. Camphor or hartshorn, will also open the head and ease the pain. Where cold has advanced to the second stage before the use of remedies, I mostly give a puke and purge, and then sweat; and if necessary, draw blood; or in other words, give a course of medicine. Small doses of my No. 1, (half a table-spoon-full or less) given three or four times a-day, will remove obstructions, and throw the morbid fluids to the surface, admirably. If the throat be sore, apply a poultice of onions or garlic, warm, and renew it occasionally; or one of bitter herbs, such as wormwood, tansy, &c. will answer. A thick bat of wool laid to the throat and stoved over the steam of vinegar, is excellent. A poultice of corn mush and strong vinegar, I have found excellent. During the feverish stage of colds, a dry cough is sometimes troublesome; but as you remove the inflammation, the cough becomes more heavy, and you begin to spit up matter. For this you must use flax-seed tea sweetened with honey, slippery-elm bark tea, or a syrup made with vinegar, butter and honey; but the best remedy I have ever used, is a strong tea made of spike

nard root, sweetened well with honey; this I have used a great deal, in all stages, and particularly where a weakness of the lungs, or predisposition to consumption exists. A teacup-full of this syrup must be taken twice or three times a-day, as warm as it can be conveniently drank. Sucking the steam of hot vinegar from the spout of a coffee-pot, frequently through the day, is my practice. The vinegar should not fill the vessel as high as the spout; if it does, you will suck the hot vinegar down your throat. A syrup of liquorice, seneka snake root and honey, and a table-spoon-full given two or three times a-day, I have found very good in such coughs. During the whole course of this treatment, the patient must use light diets, such as soups, tea, coffee, milk, &c. Barley water and whey, or vinegar and water, and toast water are good drinks. When colds prevail, as influenza, my practice for the last several years has been, almost invariably, in the first instance, to administer an emetic or puke, then empty the bowels, and prepare the system for the steam bath or sweating; and take them thro' several courses of medicine, if necessary. But I seldom find more than one course requisite. This is the most successful practice in influenzas that can be pursued. I never lose a patient, and seldom have but little trouble in giving immediate relief. Tartar emetic, antimonial wine, and nitre, are used in these complaints. For little children, I might have remarked in the first part of the chapter, that senna and manna is the best purge, in small warm doses, thro' the day; this keeps up a regular action on the bowels, and assists in opening the pores, and keeping up a gentle sweat. It is strange to me, that most authors, in treating on colds, appear to think there is no need of using any remedies in the complaint till night, or when you go to bed. Suppose cold makes the attack on you in the night, or early next morning, which is very common, shall you wait till bed-time next night, for the use of a remedy? No! the moment you feel the first symptoms, is the time to begin. At this stage, you have

nothing to do, but open the pores with any of the first mentioned articles, and restore a natural perspiration, or gentle sweating, and all is right; this I have often done on myself, *even* by one large drink of simple hot water, and prevented many days' confinement. But if you wait twenty-four, or even three or four hours, the the whole circulation is so obstructed, and the system so deranged, that it causes you much pain and loss of time, with the disagreeable use of medicines. Laboring and industrious people many times neglect it, saying they have not time to be taking medicines for so trifling a matter as a "*little cold*." I am not advising you, on every trivial occasion, to *dose* and stuff yourselves with drugs. But as cold is very hasty in its advancement from the first or chilly stage, to that of fever and inflammation, there should be not one moment lost on the first attack; for I must here impress it on the minds of my kind friends and readers, that cold is the forerunner of a numerous host of the most dreadful complaints. Reflect for a moment, that it brings on pleurisies, rheumatisms, fevers, cramps, colics, white-swellings dropsies, and too many others to mention, with Consumption and death!

### RHEUMATISM—(*Rheumatismus*.)

This complaint is of three kinds or species. When brought on from the common causes of cold, alone, it is of the common kind; a second sort of rheumatic affection is connected with a bilious habit; this is called bilious rheumatism; and a third kind is connected with the venereal disorder, which is called gonorrheal, or venereal rheumatism. These species of rheumatic affections are divided into two stages: the first, or inflammatory stage is called by medical men, acute rheumatism; and the second stage is called in technical language, sub-acute, or chronic rheumatism.

*Symptoms.*—Acute rheumatism often comes on with general weakness, oppressed spirits, or dull, heavy feeling; loss of appetite, without particular pain in any part, followed with violent fever, and pains shooting



through the limbs and joints. Sometimes with sharp pain, and swelling of one or more joints at the very beginning; and sometimes with a stiffness in the joint, and swelling, with but little pain, except on motion; always much worse at night than in the day. Almost every part of the system is subject to this complaint; it does not confine itself to the limbs and joints; but in some instances flies suddenly from one part to another, settling on the brain, stomach, liver, pleura, bowels, womb, bladder, or any other place it thinks proper. When the bilious rheumatism makes its attack, it is attended with yellowness of the eyes, pain in the head, sickness at the stomach, and sometimes vomiting up great quantities of bilious matter; with a thick brown fur on the tongue, with much fever; and as these symptoms abate, pains settle on different parts, and show you that the complaint is rheumatism. It sometimes in the onset, has the appearance of bilious pleurisy; but they differ in the location of their pains.

Venereal rheumatism is caused by a retention of the morbid matter of the disease, which settles on the parts it affects. It shows itself by a puffy, tender state of the ancles, and sometimes of other parts. The pain is but little increased by pressing on the parts; the stomach loses its tone, the bowels are commonly weak, and the appetite is lost, and painful and sleepless nights follow. The pains shift about, as other rheumatic pains do; the muscles and leaders appear to be the parts most pained, and not such excruciating pains in the joints alone, as are felt in other cases. Rheumatism of any kind seldom attacks infants; children from 7 to 8, and from that to 45 years old, all persons are subject to it.

*Treatment of the first kind.*—If the person be of stout constitution and full of blood, some blood must be drawn; from one to three pints, at different intervals, and not more; because two or three pints of blood will give more relief than a greater quantity. Drawing too much blood weakens the system, without extracting the morbid fluids, or coagulated serum, which gives the

disease the greater power over the system. The first step is to prepare the system for a sweat; by which the pores are opened, and the thickened juices of the body dislodged, and thrown out from every part. This relaxes every part, thins the blood, and drives out pain. A vomit is seldom, if ever amiss. If the patient be of weak habit, no blood should be taken; and if any organic affection exists, or in other words, if there be an old disease of the liver, lungs, stomach, &c., vomits must be administered cautiously in small portions; so as not to produce too violent a commotion. No. 1 must be given to empty the stomach, and No. 2 for the bowels; or the calomel may be omitted in No. 2, and cream of tartar, castor oil, salts, or any other cooling purge may be used; but if you see a bilious appearance, use the calomel occasionally, in doses of from 5 to 15 grains at bed-time. Take the patient thro' a course of medicine, at least once a day, till the general fever abates. During this time, if any joint or limb be swelled or pained, get a toad frog, put him into a quart of strong spirits, with four pods of red pepper; stew it down to half the quantity; take them out, and add a table-spoon full of spirits of turpentine; and of late, I find the addition of a table-spoon full of sassafras oil makes it much better. Rub this on the affected part three or four times a day, with the naked hand at first, then rub some time with coarse flannel, or a flesh brush, hard enough to turn the part red; then wrap the part in bats of carded wool, and flannel over it; then hold a hot shovel or iron close to the part for some time, till it gets into a sweat; or the part may be held over the steam of sassafras and cedar tops, or pine roots. When the feverish symptoms have abated, a constant moist skin must be kept up for some days, by giving a tea-spoon-full of powdered brimstone, and half the quantity of ipecac, together, twice or three times a day, and drinking freely of a tea made of equal parts of sassafras root bark, and burdoc root. If the patient be of weakly habit, and the limb does not swell, keep a large poultice on it, made

of red pepper, with a little lard in it to keep it soft; and to such persons, a half a grain of opium, a quarter of a teaspoon-full of ipecac, and the same of camphor, may be given at bed-time; this powder opens the pores, keeps up gentle perspiration, eases pain, and induces good refreshing sleep; and a decoction of the buds of balm of Gilead may be drank occasionally, and the bowels kept regular with one grain of aloes, and four of rhubarb. I here make this distinction, because in weakly habits, so soon as the inflammatory symptoms subside, the case requires nearly the same treatment as a chronic case. In bilious rheumatism, take blood from persons of full habits; and if they are troubled with vomiting, give a dose of calomel the first thing; this will stop that kind of puking instantly; after a few hours, or as soon as the stomach is quiet, let it be followed by a spoon-full of cream of tartar, castor oil, salts, or any cooling purge. When the system is prepared, then sweat; for steaming or sweating is the *great* remedy in rheumatism. A few grains of calomel, ipecac, and rhubarb, given at bed-time, is excellent in bilious rheumatism. In chronic cases, the pained part must be rubbed frequently with the ointment first directed; or an ointment may be made by stewing red pepper and balm of Gilead buds in bear's or foxes oil till very strong, and adding spirits of turpentine to it; or a red pepper poultice frequently applied to the affected part. Rubbing the part frequently should never be omitted; and it must be kept wrapt with flannel. Venereal rheumatism must be treated somewhat different from the rest; because it is always found in constitutions which have been injured by the complaint which causes it. In this case, after emptying the stomach and bowels, take one ounce of sulphur, one of puccoon root, two of sarsaparilla, two of sassafras root bark, one of milk or silk weed, beat them all up, and put them into a quart of good whiskey or gin, and take a dram just before breakfast and dinner, in proportion to your strength. If you are pained and restless of nights, occasionally

take five grains of calomel, half or whole grain of opium, and 5 grains of rhubarb combined; the opium gives ease and rest; the calomel opens the glands and pores, and the rhubarb assists the calomel in carrying off the bile and crude matter from the stomach and bowels; and at the same time keeps up their tone and strength.

In this kind of rheumatic affection, flannel must be worn next the skin; but if the weather be warm, do not oppress the system with other clothing. The affected parts must be often rubbed with strong vinegar and camphor mixed, or a pepper poultice applied. During the course in this sort of rheumatism, a light but nourishing diet must be constantly used. If the patient cannot use spirits, the above articles may be taken in wine or decoction. In the first stage of inflammatory rheumatism, very light diet must be used. In old cases, where the joint has ceased to be painful, and become perfectly stiff, you need not look for cure; if the flesh has shrunk away, that may be restored; but the motion of the joint cannot.

I here lay it down as a general rule, that in all cases of rheumatism, a course or two of my medicine will be proper. With the above means, for the last several years, I have never failed in a very short time, relieving any case that I have seen. Many things are recommended: tartar emetic, antimonial wine, gum guaiacum, and poke-root, which is very good, and so are the berries. Jimson seeds and roots are also good; but they must all be carefully used. Dover's powders and saltpetre are said to be good; but I have little faith in them. Moderate exercise in this complaint, when able, must be had; it keeps the pores open, and adds to the strength of the joints.

By way of explanation, I will here mention the old divisions of rheumatism:—the first is called lumbago, because it affects the loins, or what is in anatomy called the lumbar region; the second sciatic (*sciatica*), because it affects the hips; and the third is called arthrodynia, because it affects the joints, generally. Now, my dear



reader, what sense can you make of these three species, as they are called? Lumbago, as it is called, is nothing more than common acute rheumatism, which comes on very suddenly in the back, over the kidneys, or just where the hips and ~~back~~ join. Sometimes you will be taken so badly in a moment, when in perfect health, that you cannot stand. In this case, bleeding, puking and purging, or the course that is pursued in other acute cases, is all that is necessary. What is called the sciatic, is nothing more than an old rheumatic pain in one of the hip-joints; this is troublesome; but may be cured with remedies that other chronic or old cases of rheumatism are. In this or other chronic rheumatism, the black tonic medicine is good, a pill twice a-day, the size of a common bullet, say night and morning.

A few years ago, a woman of about forty years of age, called on me; she had been suddenly attacked with inflammatory rheumatism, so violently that in the course of a day or two, she could not bend a joint in her, and every limb was swelled fit to burst; her pains were of the most excruciating kind; it appeared like death to move her. It was in the heat of summer, and she was very fat. Neither she nor any body else who saw her, had the least hopes of her possibly recovering. Neither would she, if the common course had been pursued. But I did not wait till night, and then begin with doses of *trash*, and cover her with blisters; neither did I bleed her to death, as is the common course, with the view of changing the blood, and regulating the pulse; for this is a complaint in which those objects cannot be effected by these means. I took a portion of blood three times, and used the means laid down in this chapter; and in five or six days, to the great astonishment of every body, she could walk about!! I might have told you she was a Mrs. Brooks, of East Tennessee, who can now testify the fact; and has had good health ever since. I could refer you to at least a hundred other important cases; but I merely mention this, because it was the worst I ever saw. She was relieved so easily, that she seemed to have forgotten every other means but my ointment; and often expressed the greatest anxiety to know how it was made.

#### PLEURISY—(*Pleuritis*.)

There are three kinds of pleurisy. First, the common kind, from cold falling on what is called the pleura, (see page 15.) Secondly, bilious pleurisy, when the

inflammation extends from the pleura to the liver, and affects it. The third is rheumatic pleurisy; which takes place from cold poultices, and other cold applications to any joint or part which is swelled with rheumatism; such applications contract the vessels of the inflamed part, and drive the morbid matter from that to the pleura, which in most instances, I suppose, is the most susceptible part.

*Symptoms.*—This complaint most commonly attacks the right side; but the whole inside of the chest is liable. A violent sharp pain is felt on one side, at and above the points of the ribs, which is much increased by a short, dry cough, which generally accompanies it; and also by lying on the affected side, and even by a long breath, it often prevents you from lying down at all; the pulse very full, frequent, vigorous and hard; the water or urine very scant and deep colored; the skin hot and dry, and the tongue mostly covered with a whitish, thick fur. The cough does not always attend it on the first attack; and sometimes the pain is not so acute at first. Sometimes the inflammation extends to the lungs; then you spit a little blood when you cough.

*Treatment.*—It matters but little as to constitution, age or sex; if the pain be powerful, draw blood the first thing, according to the nature of the case. My rule invariably is, not to be governed by the quantity of blood; but if the patient be stout and full of blood, to let it run, the first bleeding till the patient begins to sweat; if of weak habit, take a little, and wait an hour or so, open the orifice, and the second time let it run till sweating or perspiration is produced. I then give No. 1; or you may give any other emetic you please, in small doses, every ten or fifteen minutes, till very gentle vomiting comes on; for if the inflammation is very great, or if the patient be of weak habit, mild puking must be strictly observed. Attend to the state of the bowels; if they are much bound, use the injections instantly. If the emetic works downwards, together with the glystering, and the pain abates, you need not wait for the

operation of a purge; but put the patient into the steam bath; and the best medicine then internally is the pleurisy root tea, made strong, and given warm, a tea-cup-full at a time, till he sweats plentifully. If the lungs are affected, which you will know by the spitting of a little blood, add a little seneka snake root. While you are preparing the system for sweating, you may keep cloths wrung out of hot water, over the pain; this must be done by having the vessel of hot water near the bedside, and two cloths something like hand towels, applying and continuing one till it begins to cool, then the other; always keeping one in the vessel. In some cases, I bleed two or three times; but one course mostly gives relief. I must here impress it on your mind, and entreat you to remember it thro' the whole book, never to attempt sweating, in any case of violent local inflammation, till you have relaxed the system by bleeding, glystering, &c.; because if you do, the heat in the inflamed part is increased in proportion to the heat in the balance of the system; which proportional excitement will overpower the inflamed part. The several bleedings and quantity, will be judged of by the feverish symptoms, fullness of the pulse, thirst, violence of the pain, &c. After the first course of medicine, or when you find the complaint yielding, which will be known by a soft pulse, moist skin, abatement of thirst and pain, you may keep the bowels gently open with cream of tartar, salts, or any mild, cooling purgative. In the course of treatment, the *diet* must be very light, such as thin, lightly seasoned soups, gruel, fruit juice, whey, or milk and water, with a little thin mush; flaxseed tea, slippery elm, or something of that nature, must be drank constantly. In the *Bilious* kind, which you will know by a heavy pain in the right side, from the ribs to the hip, but the upper part most acute; yellow skin, and often pain in the head and eyes, and preceded by a slight complaint of the bowels; I empty the stomach with No. 1, and give No. 2, because a little calomel is best; and if necessary, bleed, and always glyster: thus

prepared, I give No. 3, or in other words, give the steam bath. As to the rheumatic kind, I treat it as I do the common sort. If the patient by accident fall into debility, or a lingering condition, use the black tonic medicine; or my No. 4 may be used; or wine and barks, as they are in other cases of weakness. But if the pleurisy is treated on my plan, you will seldom have need of tonics; for in many dangerous attacks, I have positively given such speedy and permanent relief, that many persons would discredit the violence of the disease, and appear to think little or nothing had been the matter. The common practice with many, is to blister and give cooling purges; tartar emetic, antimonial wine, and saltpetre are recommended by some. In this complaint, I would not give a cent for all the blisters between the North and South Poles! Because, in most instances, I can give relief before the blister raises; and at best, I can relieve the patient of every other ill feeling, before the blister can possibly be cured, after it is drawn!

### JAUNDICE, pronounced JANDIZ—(*Icterus*.)

This disease is always caused by some derangement of the liver, and the parts connected with it. But various remote causes may derange this organ, and throw the bile out through the blood and flesh, which gives the yellow cast in the eyes and skin. If there be hard lumps or tumors, or what medical men call scirrhus (pronounced skurrus), the black jaundice (*melasiecterus*) as it is called, makes its attack, and is hard to cure. There is a species among infants, called *icterus infantum*, which is treated of in the proper place. Causes which affect the liver are of various kinds; a sudden stoppage of the monthly flow of women, of the discharge in *clap*, or any obstructed evacuation, from the system.

*Symptoms.*—A general dull, heavy, languid feeling prevails; gray colored stools, if any, but mostly bound, or too scant; an uneasiness in the belly, and nausea at the stomach, with belchings, or *eructations*, as they are called; loss of appetite; high co-



lored *urine*, which leaves a thick sediment at the bottom of the vessel; sometimes a strong, full pulse, and every appearance of fever; but at other times, a slow weak pulse, with chills running all over you for a little while; then followed by flushes of heat; sometimes sooner, sometimes later, the eyes and skin turn yellow; at this time you feel very restless, with an unpleasant itching sensation all over you, and a bitter taste in the mouth. Both diets and drinks are disagreeable.

*Treatment.*—If the pulse be full and strong, and the patient of plethoric or full habit, the first thing is to take a good large quantity of blood; then give No. 1, in small doses occasionally, or any other emetic, so as to produce very mild vomiting. If the bowels are the least costive, or as a physician would say, *constipated*, begin instantly with warm injections of thin gruel, with the addition of a little lard, castel soap-suds, oil, epsom salts, cream of tartar, or any thing of that nature; if they are hard to move, and not in a tender state, add table salt; do not stop till the bowels are emptied. When the *intestinal canal* (which means the stomach and bowels) is emptied, and the febrile symptoms allayed, give the steam bath; when this is done, give about from 5 to 10 grains, or as much as will lie on the end of a small tea-spoon handle, of calomel, with 3 or 4 grains of opium, or nearly a tea-spoon-full of laudanum, or quite that of Bateman's drops. After 5 or 6 hours, if this does not operate, give any kind of gentle purging medicine, such as cream of tartar, salts, oil, &c. If the high fever continues or recurs, two or three courses of medicine may be repeated, till the inflammatory symptoms disappear. When the patient is of weak habit, do not bleed; but empty the stomach slowly with No. 1, and never neglect injections till the bowels are sufficiently emptied.

After the feverish symptoms have subsided, a pill made of two grains of aloes, two of rhubarb and one of opium, may be given every night for some time; making the dose less or greater, to suit the strength of the patient. As the skin in this disease is always dry and husky, whenever the patient is in the bath, he must be

rubbed all over with flannel, or any thing of the kind. If he is very much debilitated, I put half an ounce of rhubarb, one ounce of aloes, and a hand full of cherry bark, into a quart of good spirits, or wine; give him a common dram before breakfast and dinner-time; occasionally giving a little calomel and opium combined. In this complaint, if you have a convenient vessel, the warm-bath, in many instances, is better than the steam-bath; because you may wash and rub the patient with more convenience; but where much sweating is requisite, steaming is best; because the great weight of water which surrounds the body in a warm-bath, by its pressure, shuts the pores of the skin, and prevents the free passage of the sweat, more than the steam does. I prefer keeping the bowels gently open (after sufficient purging has been employed) with cream of tartar, or soda powders, to almost any thing else. However, the aloes or calomel, or both, must not be omitted occasionally. The culver's root is excellent, particularly in cases of obstinate and long standing. *Diets* must be light and nourishing—one or two raw eggs must be taken every morning; molasses, soups, fruits, sour milk, light bread, mush and the like, must be used. Fruit juice, vinegar and water, whey and such like, must be drank. The patient must not lie down, and lounge about, because he feels bad: but must take as much exercise as he can well bear: this assists in opening the pores, circulating all the fluids, and throwing off all the redundant matter. In common cases, the course I have laid down will give relief without any trouble: and sometimes a purge or two, with the use of the aloes and cherry bark in liquor, will answer; but this is rather slow in giving relief. Where the liver or spleen is affected with scirrhus, or the person is old and weakly, the complaint is hard to remove; and in such cases, the warm bath is the best, with but little vomiting; for it requires something to remove the obstructions in the liver or other parts, together with tonics which will keep the bowels gently open. The aloes, cherry

bark, rhubarb and gentian, equal parts, in port wine is good; and over the region of the liver must be rubbed two or three times a-day, with an ointment made of eggs and red pepper stewed in rye meal and good whiskey, till very strong, and strained off, and a little spirits of turpentine added. As for blistering and salivating in the jaundice, it is out of the question with me, in any case. The jaundice produces more depression of spirits, *perhaps*, than any disease in my knowledge. When the pain over the liver is so excruciating as for you to think there are *biliary calculi*, or in plain language, what are called bile stones, which sometimes forms by lumps of bile clotting and hardening in the bile vessels, you must apply cloths wrung out of hot water constantly over the part, unless when in the warm bath. And give every hour or so, nauseating doses, equal parts of ipecac, calomel and opium, say two or three grains of each, together. By this course, little black lumps of bile will pass off by the bowels as hard as stones. Many other remedies are in use among medical men; calomel in small doses, tartar emetic, blistering, &c.; and in lingering cases, *nitric acid*, or what we call *aqua fortis*, sulphur, hartshorn, assafoetida, camphor, &c.

**COLIC**—(*Colica*), from the Greek name of a part of the Bowels; in English called the *Colic*.

There are three species or kinds of colic: Flatulent (*colica flatulenta*), because it is caused by substances that produce wind in the stomach and bowels; second, bilious colic (*colica biliosa*), from excess of bile; third, the painter's colic (*colica pictonum*), caused by lead and its fumes, &c.

*Symptoms of Flatulent Colic*.—Begin with pain in the stomach, and sometimes wind is thrown up, which gives momentary relief; the pain shifts about, and occasionally you feel the greatest sickness in the stomach. If the food, or whatever you have taken into the stomach to cause the colic, has passed down into the bowels undigested, you feel the pain from the stomach down thro' the belly, both of which are full and tightly swelled, and a most violent pain is felt at the navel, sometimes extending

to the left side; and the patient inclines to walk about, pressing his stomach and belly with his hand, in a stooping position.

*Symptoms in Bilious Colic.*—Obstinate costiveness, pain in the stomach, but mostly in the belly, about the navel, and in the right side; sometimes vomiting bilious matter; bitter taste, and yellow eyes and skin.

*Symptoms in patuter's, or Colica Pictonum,* sometimes called *nervous colic.*—A hardness and contraction of the whole belly, or *cramp*, with violent pains shooting all through the system pretty much, and a nervous weakness throughout.

*Treatment.*—The instant you feel wind colic, take a strong drink of warm ginger or pepper tea; or half-a-glass of warm water, with 15 or 20 drops of essence of peppermint, or oil of pennyroyal; or a dram of camphor or assafœdita, in a little warm water; or half a table-spoon-full of Bateman's drops, or a tea-spoon-full of laudanum. For small persons, all these doses must be made to suit their size and age. If the complaint has been caused by sudden cold (which it often is), or if the food has not passed into the bowels, which causes the pain, the above remedies, with bathing the feet in warm water, are sure to relieve. The bubbly root tea is equal to opium; bear's oil and *gaul*, in small potions, are good, say half a spoon-full of each, given together. If the bowels are bound in any kind of colic, use the injections warm, instantly; and never stop the use of them, occasionally, till the bowels are emptied. If the first remedies should not relieve, give No. 1 on the spot; or any other puke you please, in cases of colic; where emptying the stomach is the main object, I use a teaspoon-full of the white vitriol in a glass of warm water, giving one half, and in 5 or 10 minutes the balance. This medicine acts instantly on the stomach, without producing such general efforts or commotion on the system, and leaves the system unsusceptible of injury, from the use of cold water, eating or exposure, directly after it. If the patient be stout and very full of blood, I take a good portion before I administer the emetic; this relaxes the spasm, if there be any; if not, it is of benefit of lessening general excitement; If the pain seems stubborn, the steam-bath, or cloths wrung out of hot water, must be applied over the stomach and belly. I say cloths, because no other hot applications answer as good a purpose; the cloth, being both hot and damp, affords a steam, which softens the skin, opens the pores, and assists in discharging obstructed matter, better than dry substances do. If the disease has not produced inflammation of the bowels, give a table-spoon-full of castor oil, and half a one of spirits of turpentine mixed; this is a sure and



first rate remedy; do not be afraid of it; for I have relieved hundreds with it. You may give larger or smaller doses, to suit the age and strength of your patient. Other purgative medicines are given; such as senna, salts, rhubarb and calomel; but I seldom think calomel necessary in this kind of colic, I prefer cream of tartar to most others, except for children, senna is seldom wrong. I told you in the beginning, to give a tea-spoon-full of laudanum, and I here mention it again; because small doses are worth nothing. And if the pain is very excruciating, and any symptoms of *spasm* or cramp appear, you may, *even* in strong constitutions, give much more at a dose. Ether is sometimes good, a tea-spoon-full in half a glass of water; it must be poured into the water and drank instantly, else its strength all escapes. At the first feeling of the malady, a drink of warm toddy (particularly when cold is the cause) will give relief.

*Treatment in bilious cases.*—Give a vomit of No. 1, or something else, and use the warm injections, the first thing; do not wait on the operation of purges, nor be giving stimulating medicines; for the great object is, to free the stomach and bowels of their bilious contents; as soon as these means have been employed, and the object effected, give a dose of calomel in 40 or 50 drops of laudanum, or combined with from 3 to 4 grains of opium; and be sure not to give this combination till you have emptied the whole *alimentary canal*, which I have told you before, meant the stomach and bowels; a few hours after, this must be followed with a dose of oil, salts, or some purging medicine. At the commencement of the complaint, if much puking prevails, with bilious matter, and the stomach seems very irritable, or in other words, if the vomiting is hard to check, give 2 or 3 grains of calomel, mixed with a tea-spoon-full of fine sulphur, every hour for 3 or 4 hours.

Sometimes large drinks of water as hot as it can be drank, one after another as fast as the stomach will receive it; and *even* if it is thrown up, no matter; continue the draughts for half an hour. This will wash the crude or impure matter out of the stomach; relax and break the spasm, at the same time brace and strengthen it, without exciting or irritating it; while it opens the pores, discharges morbid matter, and rouses the bowels

from their morbid state, and assists in unloading them. As soon as the system is prepared, put him into the bath; while using the first remedies, if the pain is intense, and the feet and hands cold, plasters of powdered mustard seed, wet with vinegar, (or mixed with soft soap is the best), must be applied to them, and also over the part most pained. After the malady has advanced without mitigation or lessening the pain, and there seems to be a high tense pulse, with symptoms of inflammation and tenderness of the bowels, take blood, and inject with new milk and water, equal parts, with a little castel soap-suds added; and you may apply a blister over the region of the liver and stomach. Cream of tartar, senna, oil, &c. must be given to keep the bowels open. After relief is obtained, a grain or two of aloes, with a few grains of rhubarb, given for a few nights at bed-time, will bring the liver into a healthy action, give tone to the stomach, keep the bowels gently open, and invigorate the system. For injections, castor oil and spirits of turpentine are good, where the bowels are not inflamed. When the stomach is highly irritable, a tea-spoon-full of calcined magnesia, or half the quantity with one grain of calomel, will quiet it; or a tea-spoon-full of fine starch with half a grain of calomel, in a few of Bateman's drops; sweet spirits of nitre with a few grains of powdered gum arabic; but do not go to administering strong stimulants in this case: for such things only heat the stomach, and make it worse.

*Diets*—during this complaint, and for several days after, must be very light, and such things as the stomach will easily digest. In chronic cases of bilious colic, the use of a little aloes and tansey in wine is good; or a pill of the aloes at night, and the tansey bruised and infused in cold water, taken ever morning.

*In colics caused by lead or its fumes*, there is mostly a *spasmodic* affection; or in other words, a kind of *cramp*; and I might have mentioned that all colics, when they assume this appearance, they are called

*cramp colic.* But in this kind, it is apt to make its attack in this way.

*Treatment.*—Opium in doses of from 3 to 5 or six grains, or 40 or 50 drops of laudanum; and if the patient be stout and of full habit, I take blood, and empty the bowels as quick as possible, with thin gruel with soap-suds in it, injected warm. After the opium has broken the spasm, or eased the pain, the steam-bath must be given; but if the symptoms are not quite abated, give about 1 grain of calomel with 2 of opium, every hour, for three hours; and shortly after, follow it with a dose of cream of tartar, senna tea, or any purgative; a spoon-full of castor oil, and half the quantity of spirits of turpentine together, is excellent; and are good used as glysters in this case. The warm-bath or steaming, in this case, is much to be depended on. After the inflammatory symptoms disappear, or in chronic cases, calomel must be used in small doses, occasionally, till the glands are well purged; and then the flowers of sulphur may be given, a teaspoon-full every night, for a week or two; a teaspoon-full of pearlash in water must be drank every day; taking care in the use of these medicines, not to expose yourself.

*Diets*, in this kind of colic, must be of the most nourishing kinds; rich soups, panada, &c., to prevent the return of the spasm.

### PUKING and PURGING—(*Cholera Morbus.*)

There are two causes: first. from bile in the stomach and bowels; and secondly, from improper food, or a sudden check of perspiration.

*Symptoms.*—Burning and tightness at the stomach, shooting pains thro' the belly; sickness, and a kind of rolling feeling, as if the bowels and stomach were turned upside down; fullness about the eyes, and dull feeling thro' the head; quick motion, or what is called *palpitation* of the heart; languid feeling all over, with every once in a while, a cold, unpleasant sweat breaking out, with cold feet and hands; suddenly stopping, leaving the skin with a burning heat. Sometimes great thirst, and violent griping pains about the navel, as if an auger was boring thro' you. In a few minutes, and sometimes a few hours, puking be-

and sometimes purgative, both at once; the matter which is discharged both up and down at first, is apt to be thin and watery; but after a little, it has the appearance of bile; or else whatever has been eaten that caused it, is thrown up, or in part passes downwards, nearly as it was swallowed.

*Treatment.*—It matters not what the cause is, the moment you feel cholera morbus, commence drinking large draughts of water as hot as the stomach can bear; and continue (no odds how often it is thrown up) till the stomach is cleansed of the bilious matter, or whatever is in it. To some persons of weakly, or what is called *phlegmatic* habits, chamomile or balm tea, chicken broth and beef tea are good; but strong and highly stimulating medicines at the onset, are improper; because they only assist the exciting cause of the malady. But nature plainly tells us that she wants something to help her unload the *intestinal canal*, without exciting it too much; and moreover she wants us to assist in opening all the *windows*, and hoisting all the *flood-gates* of the whole *cabinet*! Hot water washes out the stomach and bowels, opens all the pores, produces a very copious sweat; and at the same time, has the power of giving tone and strength to the stomach beyond all conception. If full discharges do not take place in the bowels, they must be instantly opened with warm injections of thin gruel, with the addition of weak soap-suds, lard, or oil; as soon as they are unloaded, if the pain continues, inject thin gruel with sweet oil and a little laudanum, or Bateman's drops; chamomile or balm tea, with laudanum, may be used for injections, with a little new milk. If the griping is great, the cloth wrung out of hot water, applied to the stomach and belly, can never come out of season at any stage. In common cases, the foregoing remedies will not miss relieving one case in every five hundred! On the Mississippi, where this disease prevails almost every season, to a great extent, I have had the best opportunities of testing the matter. If the disease is obstinate after the stomach is emptied, give a grain or two of calomel,



every half hour, in a few Bateman's drops, or with a few grains of calcined magnesia, or a few grains of fine starch, or a few grains of fine sulphur; all these are astonishingly adapted to the irritable state of the stomach. Any of the above doses may be taken every half hour, to the number of five or six. If the patient fall into extreme debility, or what a doctor would call *collapse*, after the morbid matter is removed from the stomach, inject with warm thin chicken broth, with a smart quantity of laudanum or Bateman's drops in it; and apply cloths wet in hot laudanum and camphor to the stomach and belly; with hot mustard seed plasters with soap or vinegar to the feet and hands. In place of these, hot spirits of any kind may be used; and plasters made of garlic, pepper, or dog-fennel, bruised and applied to the extremities; and lie mush is sometimes applied; but the soap and mustard is best. I sometimes, in violent cases, give the warm bath, or steam bath. I have often stopped the complaint at first, by a draught or two of warm water, with table salt in it. Some medical men at the beginning, give opium, laudanum, or sometimes emetics; and some recommend large doses of calomel, hot toddy, ginger tea, pepper tea, &c. But I have always found the hot water, the balm and chamomile teas, &c. answer better than any thing else. But some of these "kill or cure" sort of folks will say that hot water is certainly too weak; but let them give it a fair trial; and I pledge myself it acts like a charm in most cases. You are not to take a few swallows now, and some time hence a little more, and say your stomach is so full or so weak it will not bear it; this is the very thing; I do not want it to bear it long; and you know if it is thrown up, it cannot hurt you; neither can it by passing through the bowels, or pores of the skin. For several days after this complaint, light and digestible *diets* must be used; because the stomach and bowels are very weak and tender. Cholera of infants, or *cholera infantum*, will be found in its proper place.

# KING'S EVIL—(*Scrofula*), from *Scrofa*, a Swine.

It is caused either by a taint, or constitutional weakness in parents; or from cold, strains, bruises, &c. This disease is in two forms: first, predisposition or in what is called a *latent* state, which means that there is a scrofulous habit, but that it has not broke into running ulcers; secondly, the state into which it has fallen, when in running sores.

*Symptoms.*—White persons of scrofulous habit, are mostly of a pale, soft countenance, with fair hair; the hind part of the head is apt to be disproportionally large, and very thin through the temples; from a little cold, the edges of the nostrils and lips frequently swell, and hard lumps appear in the sides or back of the neck, in what are called the glands, but not very sore. The appetite generally weak, but variable. In female children, running often takes place like the whites (*leucorrhœa*), and sores frequently break out about the ears and head; and they are apt to be fretful and irritable. Persons of this habit are very easily affected in the lungs by cold, and subject to obstinate sore eyes. Sometimes this malady lies *dormant* till the age of *puberty*; and sometimes breaks out early in children, and disappears when they arrive at manhood. True scrofula never makes its appearance after the age of 30, unless it has shown itself in some shape before. There is scarcely any part of the system that is free from the attack of this disease. When the lumps or *tumors* break, they discharge copiously a thin whey looking fluid, and the ulcers become thick, uneven and hard round the edges; not inclining to heal. If brought on from parents, it is hard to cure; but from common causes, it is not hard. Negroes are more subject to this complaint than whites. Doctor Allison says that a great majority of the East and West Indies, both negroes and Hindoos, are prone to scrofula, when they come to temperate climates.

*Treatment before the tumors break.* No active medicines of any kind must be used; and but little done the tumors, only a bit of flannel worn on them; and if the person afflicted should be weakly, or subject to brashes, strengthening medicines (but not stimulating or heating) must be given. Half an ounce of powdered rhubarb, one ounce of sulphur, and a quarter of an ounce of dried puccoon root, powdered and made into a syrup with honey, and to children of 8 or 10 years

old, as much as will lie on the point of a large pen-knife given night and morning; and a proportionate quantity for older or younger. At the same time, a decoction of the burdoc root, sarsaparilla and wild cucumber bark, must be drank tolerably strong, once or twice a-day, say a wine glass for 8 or 10 years old, and more or less in proportion to age. Sometimes I omit the pills, and give the decoction night and morning; and occasionally give a grain or two of calomel at bed-time, and work it off next morning with a little senna. Flannel must be worn next the skin, except in hot weather; and then cotton linen. If the tumors become sore, stew a few eggs in any quantity of fresh butter, then strain or squeeze them out, and at night put on a poultice, with pearlash or soft soap enough in it, to make it slippery; next morning wash it off, and rub the tumors with the ointment, and stove it in with a hot iron of any kind, holding it as near as it can be borne, for some time; this may be done 3 or 4 times a day, putting the flannel on as soon as you are done, every time. This course will carry the lumps away. Table salt is very good to bathe them in occasionally, and poultices of it applied warm, and laid on all night. This complaint is not to be cured in a few days nor weeks, at all times; particularly the *hereditary* kind. *Second form*, when the tumors break, a tonic medicine is always necessary. The above medicines may be used. or the black tonic may be given night and morning, in pills the size of a grape; or sulphur and iron dust, equal, and half the quantity of rhubarb, say 2 table spoon-fulls of sulphur and iron dust, each, and one of rhubarb, mixed in honey, so that you can make pills of it, and a little pill as large as a common bullet, given night and morning for adults, and less for children. The same decoction may be used in this form, that is in the first; and so may a little calomel, once in a while, and worked off with senna or rhubarb, in like manner. Take equal parts of *fresh* tar and molasses, simmer them together a little while, and apply a plaster of it to the ulcer, and let it stay 5

or 6 days, and renewing it, taking it off once a day, cleansing it, and washing the sore with a strong solution of pearlsh; or in other words, water in which pearlsh has been dissolved. If the ulcer is very painful, I sometimes wet the face of the plaster with laudanum; if it has proud flesh, or what is called *fungus*, take a probe or knitting pin, wrap a little cotton on the end, put the vegetable caustic (which you will find in the last of the book) on it, and put it into the wound, every three or four days; this will change the appearance of the matter, and produce a more copious discharge. A continued application of this plaster, with the use of the caustic or pearlsh, occasionally, and the tonics, will cure any king's evil, unless it be incurable.

*Diets*, in both forms, must be of the most nourishing kind, but not too heating; neither must heating liquors be used; moderate exercise and regular meals, and sleep must be had in all cases. The warm bath ought frequently to be used. Other medical men recommend the frequent use of mercury, in various shapes; and even bleeding, blistering, and many other such remedies, too numerous to mention.

In king's evil, large and strong purges must not be given; they relax and weaken the whole system; neither should heavy doses of calomel; because they over-excite and debilitate the glands, and sometimes inflame and injure the bowels. Although *salivation* is a very common practice in this disease, yet I cannot subscribe to it; for instead of removing the complaint, in 19 cases out of 20, it destroys the appetite and tone of the stomach and bowels, and prostrates the whole energies of the system. Small doses of 1, 2, or 3 grains at bedtime, for two or three nights in succession, then worked off with rhubarb or senna, is a very efficacious mode of administering calomel in this malady.

#### DROPSY—(*Hydrops*.)

This disease may take place in the head, the breast, the belly, the legs and feet; or it may be general thro' the system. Doctor Rush was of opinion, that dropsy



was caused by a *morbid action* of the arteries, and an *increased action* of the exhalents; or in other words, by an inactive state of the arteries, and an active condition of the vessels which throw off the sweat from the body. Notwithstanding the great popularity of this opinion, and the high regard I have for Dr. Rush, yet I cannot concur with him. I believe the cause to be an *increased action* of the arteries, and a *decreased action* of the exhalents. For we generally find in dropsy, a quick pulse, which certainly indicates an increased action of the arteries; and from the great fullness and distention of the exhalents, we might reasonably suppose they were too much relaxed, or too inactive to throw out the fluids as fast as they were forced into them, by the active motion of the arteries.

*Symptoms*—in general, the feet and ankles begin to swell, with general weakness of the whole frame. This swelling is worse of an evening, and nearly disappears in the morning; the swelling gradually gets up into the body, arms and head. When this takes place, a difficulty of breathing is felt; a hot, dry skin takes place, and sweating ceases; the bowels are bound; the urine scant, and mostly high colored; but sometimes of a whey appearance; an inward fever, thirst, and generally a dry, hard cough.

*Treatment*—in general dropsies. The first thing is to empty the stomach and bowels with a small dose of calomel at night, and salts or cream of tartar the next morning, to work it off. Then begin with the *black tonic*, a pill about the size of a common pea, at bedtime, and the first thing in the morning; and as the strength of the patient increases, enlarge the pill to the size of a large summer grape. The feet and legs must be bathed and rubbed every night, or oftener, in warm salt and water, or in *strong* warm vinegar, and the whole system must occasionally be rubbed with flannel wet in either of the above. This cools and softens the skin, opens the pores, and assists the exhalent vessels in throwing off the retained matter. Flannel must also be worn next the skin.

*Diet* and drink must be nothing but thin gruel, made

of corn meal with a little new milk, and if you choose, a very small quantity of sugar. It must be taken warm, and as much as the stomach will bear, daily. Do not be afraid of starving; for by this course, the appetite for a few days is fully satisfied; the thirst quenched, and from the influence of the pills, with the assistance of the other means, in a few days a gentle sweat breaks out, and the patient begins to crave food. But I *charge* you again, to give him nothing but the gruel, neither to eat nor drink; but as the appetite increases, the gruel may be made a little thicker; After 10 or 12 days, a little thin rye-mush without salt, may be used with thin butter-milk, that has been churned some time. Whenever you find the thirst abated, the appetite increased, the urine discharged copiously, and the skin moist, you are mending. But if you change your diet, you immediately get worse, or *relapse*, as we call it. This course must be continued until the swelling is all swaged away; and even then, you must eat nothing for a while, stronger than a well roasted irish potatoe; because the vessels which have been so overly distended and oppressed with the watery matter, become very weak, and after they are emptied, they are almost in a *collapsed* state, and very tender, and unable to perform the functions of their office—consequently, any thing that is the least stimulating, either to eat or drink, will throw them and the whole system into a fever, and cause the complaint to return.

After the swelling is pretty well gone, you must take a hand-full of wild cherry bark, and the same of yellow poplar root bark, put them into an earthen vessel, and pour hot water on them; let it stand, and make constant drink of it. If the bowels should possibly become costive, a little cream of tartar in warm water, will be proper; but the black medicine mostly regulates the bowels. In young persons and children, in some cases of dropsy, an excellent remedy is composed of equal parts of rhubarb and nitre, pulverized, and a little calomel; say 20 grains of calomel, with a table spoon-full of

each of the others, made into 20 powders, and one given at night; and every three days worked off with cream of tartar. The same rules in diets and other things, must be observed as above.

*Dropsy* of the head, must be treated somewhat differently. If the patient be full of blood, it may be necessary to take a little; and blistering may be of service. Snuffing the sneeze-weed leaves, powdered, and the steam of warm vinegar, is good. By the use of them, I have caused very great discharges of water from the head, thro' the nose. Sometimes I mix a little powdered seneka snake root with it, or tobacco, or red pepper. In other respects, I pursue much the same course as above laid down.

### MILK-SICK.

For this complaint, I do not know the technical name; because I never have seen a single word in print on the subject, from any man but myself.

The people in a great portion of the western country are subject to this *dreadful malady*. It is caused by the vapours which arise from poisonous minerals in the earth, and settle on the grass and other vegetables that cattle eat. This fact is clearly proven by many circumstances: First, by the very appearance of the water, and the rocks, particularly in the lower parts of Indiana, and other sections where it is very prevalent. Second, the very *dogs* are affected with it, from using the water. Third, it seldom makes its attack till in the summer, or fall, after the waters are all very low, at which time, we know that they contain the greatest proportion of *mineral* or other *impure* substances; also that vegetable substances at this time become tough, and contain much less juice, in proportion to the vapour which settles on them. Fourth, if it had been a vegetable which produced the milk-sick, it would have been found long ago; for to my own knowledge, it has been diligently searched for in many places, by numerous people, and not found. Fifth, the scope of land on which it is taken by the cattle, has frequently been as-

certained to be very small; and by inclosing it, so that they could not get in, the malady was prevented. In this case, if it had been a vegetable of any kind, its growth certainly would have extended over the inclosure in 30 or 40 years; for I am acquainted with a place in East Tennessee of nearly that age. A sixth proof is, that you may let the place remain unenclosed, and cattle will always be liable to the complaint as long as there is vegetable matter enough of any kind, to induce them to feed on it; unless it is possible that the richness or chymical properties of some vegetables might counteract the poison. If any thing will, I should think red clover might. People take it from using the milk of cows that are affected with it. Cattle may have the poison in them for weeks, or even months; and so may people, before they show it. But whenever any person or animal is over heated, the disease makes an attack, except on cows that give milk; they seldom die with it, owing to the poison being carried off with the milk.

*Symptoms.*—If art checked immediately after supping the milk, you have a weak, trembling feeling all over you; and sometimes a dizziness in the head, and a burning at the stomach, with vomiting and thirst; and in all cases, the breath has a peculiar smell; by which you will know it from any other poison, both in man and beast. If it is brought on by heat, the vomiting is not so sudden.

*Treatment.*—The instant you feel the symptoms, bruise or beat to pieces, a hand-full of wild spearmint root (see page 133) put it into spirits, and give a table spoon-full every few minutes, which will calm the stomach, and make the puking lighter; in a short time, too, the stimulus of the spirits will bring the nervous system to the same time. For this reason, or some other, effected by their combined influence, this seems to be a good or best mode of administering the medicine.

After the patient has puked sufficiently to cleanse the stomach, the vomiting will cease. Whether it does or not, give a table spoon-full of fine sulphur; and if thrown up, repeat the dose again and again. A little of the *vegetable castor* dissolved in water, weak enough to be drunk, may be taken occasionally. After the puking has entirely ceased, give from one to two or three table spoon-fulls of castor oil, with one of sulphur. If the bowels are the least bound, injections must be used at the first sign.



ring, of warm milk and sweet oil, or castor oil, or thin gruel, with soap suds in it. But the wild ipecac must be relied on, more than any thing else; for it certainly possesses a specific efficacy in this complaint, if taken in time. As a proof of this, you never find any section of country subject to this malady, without a bountiful supply of this plant in the same region. If there be any other successful remedy for the disease, I do not know it. No mineral should ever be used but the sulphur; and it, not till the ipecac has had its full influence. Calomel, tartar emetic, and all such articles are deadly; because wherever they have been administered in this complaint, they appear to exert a united and deadly influence with the poison which is already in the system. Diets, for a few days, must be light, without any salt.

**MEASLES—**(*Rubeola*), from *Rubeo*, to become Red.

They are called by some authors, *morbilli*; and the German writers have given what we call the *Rosc*, or *Rash*, the name of measles. From these circumstances, we often hear talk of the "French measles;" when, in fact there is but one kind, except in its grade of malignancy, or violence. It is contagious, or catching; and the same person is seldom affected with it twice. I have known but one case of the kind. Doctors Eberle, Hoar and others, mention several instances. Measles may be communicated by inoculation. This has been tried successfully, by Horst, Home and Sparanza; and many others. Some persons will not take the complaint; no matter how much they are among the afflicted, and breathe the scent, or *miasm*, as it is called. They make their attack on, and in all ages, sex, climates and seasons; but on children and in winter, they are most common.

*Symptoms.*—From five to seven days after you receive the infection, and in some instances 10 or 15 days, you feel weak and tired; eyes red, heavy and watery; nose runs water, and you feel chills and flushes of heat alternately; a dry cough, and soreness where the nostrils enter the throat, or what is called the *fauces*; loss of appetite, smell and taste; hot itching in the skin; great restlessness, with sickness and vomiting. About the third or fourth day, little red pimples break out about the face, like freckles; and in a short time, all over the system. These spots begin to run together irregularly, and leave small parts of the skin in its natural state. In eight or ten days, these pim-

ples shrink away, and leave a dry, husky appearance. The pulse sometimes very high; head ache, and the throat so sore, that it is difficult to swallow; and the eyes so sore that the light cannot be borne.

*Treatment.*—If these last symptoms prevail, blood must be taken; from persons of stout habit, especially; and a dose of cream of tartar, senna, oil, or any cooling purge, must be given, warm. Cream of tartar always seems particularly adapted to this disease. The head and eyes must be sweated over a vessel of hot vinegar, and the steam *inhaled*—I mean *sucked* down the throat, for some time; and a poultice made of strong vinegar and onions, in corn meal, applied to the throat, warm. These remedies prevent the inflammation from falling on the *lungs, pleura, liver*, or any of the internal organs, (viscera). Small cloths, folded, and wet in cold milk and water, must be applied to the eyes; and for the burning and itching over the body, rub with cloths, wet in strong, warm vinegar; this acts like a *charm*, in giving relief. In this malady, I must tell you that no *cold drinks* must be taken; there will not one in every twenty escape without injury in the use of them. When they incline to vomit, warm, thin chicken soup must be drank in abundance; this strengthens the stomach, and nourishes the system, and makes them puke easily at the same time. If the case manifest great danger, and the bowels are bound, the warm injections must be employed; warm gruel or chicken soup, with lard or oil; or senna tea, with a little lard, will answer; and the other remedies continued as above directed; and the bowels kept gently open constantly. The patient must be kept in a warm room, but not oppressed with heat, for there is more danger in this complaint of taking cold, than any other I am acquainted with. The constant drink must be flax-seed tea; horse-mint or pennyroyal is perhaps equal to any thing I ever saw used; they keep the measles *out*, or in medical language, *determine the fluids to the surface*. In common light cases, at the beginning, a little weak toddy, given warm, or tea

of pennyroyal, horse-mint, balm, sage, or any thing of the kind, to keep up a gentle perspiration is all that is necessary to keep the measles *out*, and give relief, with the use of a light purge or two. For persons of bilious habit, a little calomel may be given when the case is dangerous. And if the inflammation is obstinate in the breast, a blister may be of service. If it falls on the bowels, a little calomel and rhubarb, say as much calomel as the bigness of a pepper grain, with as much rhubarb as will lie on the point of a pen-knife, for children of 10 or 12 years old; and in proportion for greater or smaller.

If debility follows in the recovery of this disease, give the *black tonic medicine*, in pills the size of a grape, night and morning.

---

### MUMPS—(*Parotitis*), from the *Parotid Gland* being swelled.

This is a specific and infectious malady, which I have never known take place but once in the same person; although it is said by some writers, to occur more than once in the same individual. My opinion is, that it may take in but one jaw at a time, and at some future period, when the disease prevails, the other side may be affected.

*Symptoms.*—A stiffness and twinging, with a peculiar itching, is felt, precisely at the joint of the under jaw, and from that down to the lower part of the ear; next, the whole face is swelled, and a slight febrile or feverish state of the whole system. By the fourth day, the part is commonly greatly swelled, and very hard, tender and painful. Chewing and swallowing is performed with great pain. The color is but little changed, but sometimes red; the fever is seldom violent, but a nervous weakness, and great restlessness is felt. From the fourth or fifth to the seventh or eighth day, the swelling is nearly gone; the water is high colored, and slight unpleasant sweats frequently occur. If you take a little cold, as the swelling leaves the jaws, it is apt to fall into the *testicles* of males, and the *breasts* of females. In the late war, I saw many severe cases of this kind, while we lay at Fort Jackson, in the Creek Nation.

*Treatment.*—In common cases, tie flannel round the

jaws, or a thin bat of fine wool, or a mole skin laid to it with the fur to the jaw, is better. Once or twice a day rub the jaw with fresh butter, with a little camphor pulverized in it; and keep the bowels gently open a day or two, with culver's root tea, senna, oil, cream of tartar, or any mild purgative; avoid damp feet, or getting cold in any way; use light diets, and you have no further trouble. And sometimes you may get along by *even* doing much less; but always avoid damp places or feet. If you take ever so little cold in any way, sometimes from any thing cold applied to the jaws, the disease falls from the jaws into the testicles of males, or breasts of females. This is much apter to take place in grown persons than children; because the sympathy and communication through the glands, is not so great nor so ready between the privates and any other part, before, as after puberty. The moment this takes place, apply cloths wet with cold vinegar, with a little sugar of lead in it, to the testicles or breasts, and a blister to the jaws. The blister draws the disease back through the glands, while the cold applications to the breasts or testicles, prevent it from becoming seated there, and assists in driving it back to its original source. Cooling poultices, such as flax-seed, slippery elm, big smart weed, &c. may answer. But the vinegar, with a smart portion of sugar of lead dissolved in it, is best; because the weight of the poultices is inconvenient and painful; and any kind, rather has a tendency to encourage the forming of matter. If you cannot, or do not wish to draw blisters, mustard seed applied to the jaws may answer; but here I wish you to remember, that nothing is so good as a blister, drawn speedily. The bowels must be kept gently open with cooling purges, every day; and in very full habits, I sometimes bleed. I have relieved a great many by this course, without any trouble; and I will mention once for all, that wherever you see any thing new in my practice, do not suppose I have put it in merely *to fill up*; but that it is certainly the best means of cure; and inserted in this book for the



benefit of my fellow-sufferers in disease. I once attended a man, whose testicles were swelled as large as his head; and one of them broke the day I got there, and I was compelled to take it out. He soon recovered, and is now a sound man.

After recovering from the mumps, you must be careful of over-heating yourself, or getting cold; for you will be very susceptible, even for two or three weeks.

I have had very obstinate cases of mumps in the breasts, which did not yield readily to the above course. I then sweat the parts over horse-mint, cedar or spruce pine tops; and rub them with opodeldoc, or apply warm poultices of strong vinegar and lard, in corn meal.

---

**HOOPING-COUGH**—(*Pertussis*), from *per*, much, and *tussis*, cough, meaning much cough.

All persons who have never had this complaint, are subject to it. It is *contagious* or *catching*, and *epidemic*; which means, to attack many people at the same time and place. The first certain account of hooping-cough is found in Mezeray's Chronological History of France, 1414, exactly 420 years ago. However, Hippocrates gives a short account of something like it, in his sixth book of Epidemics. This malady is much more dangerous in cold, than temperate climates; and in cold, damp weather, than any other. Rosenstein says, that in the year 1755, in Sweden, 5832 deaths occurred from this dreadful disease!

In infants, till after 3 or 4 years old, it is most dangerous; and next to them, people over middle age, and those of weak lungs; particularly where the weakness is *hereditary*.

*Symptoms*.—It first begins nearly like a slight cold, only more weakness; head ache, sneezing, and a little cough, and hoarseness, with hard breathing; loss of appetite; *torpid*, or inactive state of the bowels; and fevers in the evening. During the first two or three weeks, the cough has a dry, ringing sound, and but little spit up. At the end of this time, it becomes harder, with a *hooping sound*; more frequent, and the *fits*, or as medical men call them, *paroxysms*, last longer; sometimes very severe, with a

kind of *cramp* or *spasm*, which is almost convulsive, lasting from half a minute to 5 or 6 minutes; coughing up a quantity of thick mucous matter; and sometimes vomiting, and bleeding at the nose. If nothing is done for this disease, it continues in this aggravated state, three, four, and even five or six weeks. The inflammation at first, is just at the junction of the lungs and *trachea* (pronounced tra-ke-ah), (see page 15), and extends all over the lungs.

*Treatment.*—It matters not at what stage I find the complaint, I give my No. 1, in broken doses, at two or three times; and if the bowels are bound, I give a dose castor oil, to grown persons, and senna tea, or sweet oil to small children. If quite an infant, and you cannot give it a puke, from any cause, *grease* a feather, and run down its throat. I put No. 1, into a pint of blood-warm water, stir it till it is fully dissolved, with a table spoon-full of molasses, or good honey, then strain, or let it settle well, and give just enough, three or four times a day, for a week, so as to produce *nausea*; and no matter if a slight motion or two of vomiting; and keep the bowels gently open every day with oil, or senna tea. If the fever is violent and the patient stout, I take a little blood, in the first stage. If the inflammation is great in the breast, mix tartar emetic with lard, and rub it over the breast two or three times a day, till little pimples are raised, and keep up this irritation for several days. A very weak lie, made of green hickory wood, just strong enough to have a slippery, sweetish taste, may be drank frequently thro' the day; and flax-seed tea the constant drink. This course will greatly abate the symptoms in five or six days; and sometimes in much less. The lobelia and ipecac, the way I use them, are almost a certain remedy in any case. If it has advanced to the second stage, and the patient is weak, I add a little assafoetida to my tincture; and once in a while, at bed time, give a little Bateman's drops. But my main dependence is on the *nausea* kept up by No. 1; it frees the stomach of its impure contents; opens the cells of the lungs; throws them into action, and unloads them of the *mucous* matter; excites perspiration,

and throws to the surface without weakening the general *tone* of the system. In this complaint, a great deal is said about the impossibility of curing, or even mitigating the symptoms; but it is a mistaken notion; for since I adopted the above course, I have had no difficulty in curing it. Antimonial wine, calomel, blistering, white vitriol, laudanum, and *perhaps* a thousand other articles, are recommended; all of which I have seen produce more harm than good. I never use *minerals* internally in this complaint.

*Diets* must be light, and small portions at a time, so as not to oppress the stomach. Cold must be carefully avoided.

---

### INFLAMMATION of the BRAIN—(*Phrenitis*,)

Is caused mostly by other complaints, as fevers, violent passions, sudden cold, bruises, long exposure to the hot sun, small pox, mumps, &c. It is always a dangerous complaint; and requires the most prompt, energetic and judicious course.

*Symptoms*.—Full pain in the head, mostly; nausea and vomiting; fever directly comes on; the eyes red and sparkling; a *peculiar* painful deadness along the back-bone. The patient soon grows delirious, with a wild, furious look; great agitation; dry mouth, and thirst; at first, his hearing is painfully sharp; but now grows dull, and deafness takes place! Breathing is quick, and the pulse full, strong and active; but now becomes *tense* or tight, small and intermitting; and the bowels mostly bound.

*Treatment*.—The first thing you do, take blood from a large orifice; wait a little while, and the second thing you do, take blood till a gentle sweat is seen, or the patient feels like fainting. Raise the head of the patient instantly, considerably higher than the balance of the body; keep him cool, and open the bowels as quick as possible with glysters of an active kind. Do not wait to be *cramming* medicine into the mouth of the poor, *senseless creature*. Shave or clip his hair, and apply cloths wet in as cold water or vinegar, as can be had; if ice can be put into it, so much the better. After the violent symptoms abate, still keep the bowels open ev-

ery 5 or 6 hours, for 2 or 3 days, with salts, cream of tartar, senna, or something that causes copious watery discharges from the bowels. Always regulate your bleeding by the mitigation of symptoms. Calomel, blistering, sweating, &c. are recommended by some physicians; but such remedies are dangerous.

*Diet* for several days must be light, and the patient kept quiet and cool. Sometimes where the complaint continues for a considerable time, in a *chronic* way, blistering on the back of the neck may be of service.

### INFLAMMATION of the STOMACH—(*Gastritis*.)

This is mostly caused by something taken into the stomach; foods, drinks, medicines, poisons, &c.

*Symptoms*.—It commonly begins with burning pains; sometimes vomiting, or prickling and soreness; quick, hard, small pulse; anxiety and thirst; stomach swelled; difficult breathing; cold extremities, and clammy sweats; most excruciating pain on taking any thing hot or cold, into the stomach.

*Treatment*.—A little blood must be taken, in almost any case; but especially if the patient be of full habit. Frequently, two or three bleedings are necessary.

In this disease, as well as inflammation of the head, you must not be afraid to bleed, because the pulse is low and small; I have many times had it rise on bleeding several times. The next thing after taking blood, is to open the bowels with glysters, hardly blood-warm, made of flour, starch, or flax-seed tea, with lard or oil in it. Cloths must be wrung out of hot water, or vinegar, and one kept constantly warm, over the pit of the stomach an hour or two. Slippery elm, or flax-seed tea must be drank, neither *hot* nor *cold*, but a little below blood-heat. This course will commonly give relief in a short time. If it does not, the warm or steam-bath must be used, as soon as the patient is prepared. Oil or cream of tartar may be given by the mouth, or a little magnesia; but I depend on *glysters*; they empty the bowels without disturbing the stomach.

*Diets* must be of the lightest kind; such as thickened milk, gruel, with a little new milk in it, and such like.



A tea-spoon-full of fine powdered starch, two or three times a day, is very easy on the stomach.

---

### INFLAMMATION of the BOWELS—(*Enteritis*.)

This disease is of two forms. Sometimes the bowels alone are affected, and at others, the membrane that lines the belly, or *peritoneum*, is the principal seat of disease. It is from the same causes that produce it in the stomach; and sometimes by worms, costiveness, ruptures and tumors; from the bowels being too empty, and the opposite sides falling together, or what is called *collapsing*.

*Symptoms*.—Excruciating pain in the belly; violent puking; urine scant; belching, with much wind; clammy sweats, sometimes very copious; black fetid stools, if any; but the bowels mostly bound, and belly swelled; great thirst, and restlessness. Sometimes the stools and glysters are vomited up, which is a very dangerous symptom; strong pulse; but sometimes it sinks, and is very feeble; with great difficulty of breathing.

*Treatment*.—Bleed copiously; and if necessary (which it often is), repeat it till the symptoms abate. The second thing is to empty the bowels by glysters of thin gruel, made of fine flour or starch, with oil or clean lard in it; as soon as you have gotten them unloaded, slippery elm, or flax-seed tea, must be injected up the fundament five or six times a day, not quite blood-warm; and slippery elm tea made the constant drink.

The warm or steam bath must be frequently used; but of a very mild temperature, or low degree of heat. This opens the pores, discharges morbid matter, and equalizes the circulation. In these cases, bleeding, glysters and warm bath will relieve in a short time; but you must not discontinue the use of them for several days; or till the pain and other bad symptoms have fully subsided.

*Diet*s must be very light at the time, and for some time after the disease has subsided, for fear of a *relapse*. Many articles, such as calomel, salts, &c. are given by *some*; but I always found but little medicine by the mouth necessary, more than a little oil, cream of tartar, and for children, senna tea. Blisters I never use; warm applications and warm baths are far better.

**INFLAMMATION of the LIVER—(*Hepatitis*.)**

This disease is most frequent in hot climates, and often attacks suddenly.

*Symptoms.*—Pain in the right side, from the ribs to the hip; hard breathing, and tightness across the whole belly; inclining to sit up, or in a leaning position, rather forward; the pain sometimes running to the shoulder and collar-bone, and into the head and eyes; thirst, fever, and bad taste in the mouth; mostly lying on the right side, when he *does* lie down; and yet hard pressure on the right side, generally increases the pain. A dry, painful cough; sometimes nausea and vomiting; with a yellow tinge of the skin and eyes. Thirst great; pulse strong, and skin dry and hot; and occasional chills always accompanying this disease. In some instances, the pulse is tight, quick and small.

*Treatment.*—In this case, I bleed, and give No. 2; varying the size of the dose to suit the strength of the patient; at the same time, use active glysters. After three or four hours, if No. 2 does not act copiously on the bowels, I give a sufficiency of cream of tartar, or senna tea, to bring bountiful stools; they are most efficacious in this complaint of any; and salts are next. The culver's root tea, in large quantities, or powdered, or the walnut pills, and the bitter silk weed, are all good; but I always aim to lay before you the best remedies first. In many cases, I draw blood two or three times a day, and keep up an active state of the bowels with the above named purgatives, and active glysters; such as gruel, with lard and table salt in it; or senna tea, and epsom or glauher's salts plenty in it. If this course does not give *much* relief in the space of twelve hours or less, I apply a large blister, about 8 by 10 inches, over the region of the liver. No. 2 must be given once every day, in quantity proportionate to size, age and strength. The moment the inflammation and pain abates, slap the patient into the vapor bath; or as you will call it, begin "to steam him." There are few cases to which No. 3 is better adapted than this; no matter whether you draw a blister before or after; it will do no harm to the part. I must here mention that blistering, too, appears to be suited *peculiarly* to this

disease. When the system is prepared, sweating, either by No. 3, or the water-bath, is proper; but this way of pouring the patient full of hot teas, and stimulating medicines, such as laudanum, &c. to ease pain, is dreadful indeed! And salivation is but little better; by a course of this erroneous kind, the patient is often thrown into a *chronic* or lingering condition, from which he frequently never recovers perfectly; or perhaps loses his life under the treatment.

*Diets* must be light, nourishing, and but little taken at a time. And even after the inflammatory symptoms disappear, great care must be used to avoid any thing that will over-heat the system, either from eating, drinking or exercise.

---

As there is a *chronic* form of this disease, commonly best known by the name of "**LIVER-COMPLAINT**," which may either be a consequence of the above, or it may come on gradually, without *acute* inflammation, I will treat of it under this head.

*Symptoms*.—"A dry, harsh, and constricted state of the skin," says the great Doctor Johnson, (author of that valuable work on "Tropical Climates") "is one of the most early and prominent symptoms." A short dry cough, and occasionally difficult breathing; bad appetite; a dull pain, or *misery* as you would call it, is felt between the ribs and right hip, extending at times to the right shoulder; the bowels mostly bound; once in a while becoming very laxative for two or three days. The stools mostly pass off in black lumps, with a *mucous* or slimy sort of matter intermixed with them; and sometimes they are of an ash color; occasionally streaks, or little particles of blood are seen among them. Very often, whatever you eat, sours in the stomach, or passes through the bowels, nearly as it was swallowed. You frequently feel a heat, or burning at the stomach, somewhat different from the heart-burn; and an unpleasant sensation thro' the head. The bottoms of the hands and feet dry and hot; but sometimes cold and moist; the gums frequently feel swelled and sore, without any known cause; the skin and eyes have a yellow tinge; and so has the urine, which is mostly too scant, and often has a hot, scalding sensation as it passes off; particularly about the neck of the bladder. As the malady advances, the person

loses flesh, becomes weak, feverish, and very peevish, and restless of nights.

*Treatment.*—In this complaint, every organ sympathises with the liver; and the same time that something is given to act specifically, in exciting the action of the liver, something to give general tone to the whole system is requisite. Lest I forget it, let me here *impress* it on your mind, that in *this* and all *organic* affections; for instance, diseases of the stomach, lungs, &c. flannel must be worn next the skin.

In the first place, take 20 grains of aloes, and 40 of rhubarb; pulverize them together, with a very small quantity of flour; then wet the mass with water, and make it into 20 pills, and give one every night and morning, for three days; then give a dose of cream of tartar, or senna tea. Then begin, and give a pill every night at bed-time; if the one does not cause a gentle passage once a-day, give two. This will rouse the *liver* into healthy action; regulate the bowels, and give tone to the stomach; and copious bilious stools will be discharged. At the same time, mix a little white precipitate, or tartar emetic, with lard, and rub over the region of the liver, once or twice a-day, till little pimples appear; then lay a plaster, made of beeswax and tar, simmered together, all over the part; and continue *it*, or a *new one* occasionally, for two or three weeks; and in some instances, longer, if the pain does not subside; once in a while rubbing it with the ointment; so as to keep up a slight irritation all the time. My No. 3 must be used a short time, say 15 minutes, once a week at least, and the whole body rubbed with flannel, wet in warm water, with *pearlash* dissolved in it, say about one or two teaspoon-fulls to the quart. This kind of friction will astonish you, in softening the skin, opening the pores, and unloading the body of morbid matter. At the same time, take one pound of wild cherry bark, one pound of burdock root, one pound of rattle-weed root, one pound of sarsaparilla root, half a pound of culver's root, and a quarter of a pound of puccoon root; boil



them altogether in two gallons of clean water, down to one gallon; then take them out, while warm, and strain the liquor into an earthen vessel, jug, jar, crock or bottles; and add one quart of good honey; shake them together, and let it stand till it *ferments*, or works, and becomes sharp and fit for use. Take a wine-glass-full three times a-day, morning, noon and night. If the pills and beer should not regulate the bowels, a little cream of tartar must be taken occasionally; and in some instances, I give a grain or two of calomel, once in a while, and work it off with cream of tartar, or senna.

*Diet* must be light and nourishing; tea, coffee, Irish potatoes, rice, molasses, barley, rye mush, and milk, a little fowl or squirrel tenderly cooked, &c. And every day after breakfast awhile, you must use an effort to have a passage thro' the bowels; and do not be in a hurry; this assists nature in what she wants to do. Exercise on horse-back, or any other way of a moderate kind, is necessary.

Among other medical men, we find *calomel* the principal remedy; and *aqua fortis* steps in next; and the mercurial ointment, or "*oil of baze*," as it is called by persons unacquainted with medical terms. And you mostly find salivation recommended. As for *mercury* in any shape, I have found, not only from experience on hundreds of others, but also on *myself*, that aloes, and the other remedies laid down in my *course*, have a more *safe* and *certain* effect in *chronic* liver-complaints, than any mercurial course that is known to the *Faculty*. This much I will venture on the reputation of my book; and will still go further, and say, that *they* are not competent judges of the two plans; for they have only tried the mercurial mode of cure; whereas I have made sufficient trials with both; for when I first embarked in my profession, I had been taught to believe that there was no other remedy for this disease, but *calomel*; but afterwards learnt that I was mistaken. As for the *aqua fortis*, it is, to some persons, a good medicine, a teaspoon-full put into a quart of water, and a wine-glass-

full taken two or three times a-day. After the course I have first laid down has been pursued a few weeks, or less, the *black tonic*, a small pill night and morning, may be used, as a general and valuable invigorating medicine. Tartar emetic internally, should never be thought of, in the cure of this complaint.

There are several other good remedies in liver-complaint. The *liverwort*, tansey, devils' bit, black-snake root, and yellow poplar bark, a hand-full of each, together in decoction, or made into beer, in the manner of the first prescribed articles, is a useful preparation.

### INDIGESTION—(*Dyspepsia*.)

The word digestion is derived from the Latin word, *digero*, to *dissolve*. In this place, it means the *chymical* change which the food undergoes in the stomach, in *dissolving* and separating the coarse, unnourishing parts from the fine, nutritious matter. The bulk of food, when first thrown into the healthy stomach, receives a portion of what is called *gastric juice*; this juice has the power of mixing and changing the appearance of the food, into a sort of thick mushy *substance*, which is called *chyme*, pronounced *kime*; which in the Greek language, means juice. This *chyme*, or half digested bulk of food, passes down from the stomach, into the first part of the bowels, and intermixes with the *bile*, (which I have told you in a former chapter, is nothing but *gall*.) The bile produces a final separation of the fluid and solid parts of the food, and gives the *fluid part*, which is now called *chyle*, pronounced *kile*, the appearance of milk or whey. This part is *sucked up*, or as we say in technical language, *absorbed*, by the little vessels of the stomach, and thrown into the *thoracic duct*; (see page 26) from that into the blood. Thus the chyle goes to the general support of the system; while the *coarse* and *indigestible* parts form, what we call the *excrements*, and pass off thro' the bowels.

From these remarks, you will plainly see that if the stomach be disordered for lack of a due portion of this

gastric juice, agreeably to the requisitions of nature, that our food is neither readily nor well digested. And still worse, if when the food falls into the first part of the bowels, there should be a *deficiency of bile*, to assist in carrying the process of digestion still farther, so as to form the mass of food into *chyle*. Hence, you see that the stomach is not only the very *centre of sympathy*, with every other part of the body, but is the very *source* from whence the whole system must receive its supply of nourishment thro' the blood vessels. The stomach stands in the same relation to all other parts of the system, that *Farmers* do, to the balance of the *community*; for they are the very *main-spring* and fountain of all our support, and without *them*, the balance of the world would soon dwindle into *nothing*. Just so with the *stomach*, if from any cause, *its* digestive powers are *weakened* or *destroyed*, every part of the system soon sinks under its influence.

*Causes*.—A great deal of exposure to over-heats and colds; close, hard study; grief and trouble; *hard drinking*; too great use of hot tea, coffee, and the *excessive* use of tobacco, opium, &c. These are the remote causes, which debilitate the stomach, and cause a lack of *gastric juice*, and derangement of the stomach. After this takes place, almost any thing is an *exciting cause*—for instance, eating too much, or any kind of diet not easy of digestion; or even eating too fast, which does not give the *gastric juice* time to mix with the food; and strong or irritating substances of any kind taken into the stomach.

Dr. Phillips (whose authority I much respect) says that *over-distention* of the stomach is one of the greatest causes of dyspepsia. But I would not think that the *mere over-distention* of the stomach had as great a tendency or agency in producing it, as the *surplus* quantity of food frequently taken into the stomach. Suppose the stomach is able to digest but 8 or 10 ounces of food at a time, and you take into it double that quantity; the one half must remain in, partly, an undigested state; or else the whole together, will be but badly digested; and thus overpower and remain in the stomach longer than is consistent with the laws of health. The same bad

effects follow small portions of food, which are *too strong* for the *digestive* organs; except that it may not be quite so *oppressive* in passing thro' the bowels, as an over-portion. If food is eaten too hastily, the *gastric juice* has not time to mix with it in due time, and suitable quantity—consequently the food is badly digested. For unless the gastric juice combines with the food as fast as we eat it, our hunger is not satisfied; and we keep eating, till more food is taken into the stomach, than there is *gastric juice* to supply, during the process of digestion. But if we eat slowly, time is given for the proportionate quantity of *gastric liquor* to unite with the food, and prevent our overloading the stomach. If we take too much liquids of any kind with our food, it is apt to *dilute* and weaken the powers of the gastric juice. An artificial appetite may be kept up for a while, by the use of stimulants; such as spirits, mustard, high seasoned food, &c.; but this course only causes us to receive more than the stomach can manage, and sinks the digestive powers, in an *over-proportion*, to the excitement which has been produced.

By this time, my reader, perhaps, begins to think I have said enough on the subject; but let him suffer a while with this *dreadful combination of horrors*, called “*Dyspepsia*,” and he will not be so easily *tired*. This I think one of the most important subjects that occupies the thoughts of medical men! Look at the thousands who are daily falling into, and sinking under this obstinate malady, in every part of the world! It should be as much dreaded as *cholera*! and yet thousands who have it, are perfectly unconcerned. Because it does not come like a “*thunder-bolt*,” and sweep them off at a tangent, they fall into the *broad current of carelessness*, and float on, without ever thinking where they are, till *whirled* into the *vortex of dissolution*, where after a few unsuccessful plunges and groans, they *sink*, to be seen, nor heard no more!

It is frequently, and mostly, a complicated disease,



after running awhile; affecting the lungs, liver, spleen, diaphragm, &c.

*Symptoms*—differ according to the stage and complication. Weak appetite is the first, but varying; sometimes for a meal or two, eating very hearty; then craving nothing for some time; sometimes having no inclination to eat, yet sitting down and eating heartily before you stop; the mind is, at times, very much depressed; fullness, acid and wind in the stomach; sometimes heat, sometimes not; the system very languid just after eating; uneasiness and soreness very often over the stomach, and along the points of the short ribs; the bowels very irregular; either *costive*, or alternately so, and *laxative*; an uneasiness about the head and eyes, sometimes, as if you had a little fresh cold; disturbed sleep; and in the advanced stages, very gloomy state of the mind, with occasionally feeling almost every ill sensation to which the human system is subject. By this time, you have lost much strength, and your flesh is emaciated; your countenance dejected and sallow!—For it seldom runs on many months, without *enlisting* the *liver* in its *cause*. Then you have every horrible symptom of *liver-complaint* *re-doubled*, as nigh as I can express it.

*Treatment*.—The first thing to be done in this complaint, is to put on a suit of flannel next the skin; and do not expect me, my dear reader, to come and pour you full of *strong medicines*, the first thing I do, because this is an obstinate complaint! No; there is more than one half of this *cure* to be effected by your *own prudent* and *temperate* conduct. I must, therefore, refer you to my twelve general *rules* (see page 74), by which you must be rigidly governed thro' your whole course. If you have arrived at considerable age, or if the complaint has preyed on you long, you will be your own judges of the most suitable *diets*. Then whatever kind of food agrees best with you, or in other words, whatever you feel best after eating, you must use.

In *simple* cases of *Dyspepsia*, take 10 grains of ipecac, 20 grs. of rhubarb, 20 grs. of gentian and 40 grs. of *calcined* magnesia, powder them all *finely* together, & add a little fine starch, & honey, just enough to make the mass stick together, so as it may be made into 20 pills. Take one of these three times a-day, about half an hour

before each meal, or more; for I must here observe, that it will be best to eat regularly, three times a-day. Never eat fast, nor swallow large unchewed bits of any thing; and after each meal, sit or lie down for half an hour, or till you think the food is digested in the stomach. Just after each meal, you should have a flesh-brush, and use it over the region of the stomach a little while. In the first stage of this complaint, where the patient is young and full of blood, if the pill taken as directed, should not cause one motion every day on the bowels, a little cream of tartar may be used occasionally. But recollect, one stool a-day is a plenty; and in advanced stages, where but little food is taken, every two days will sometimes do. After this pill has been given a few days, and you find that they act too often on the bowels, lessen the number from three, even down to one if necessary. Take a large hand-full of soot from the back wall; one pint of black hickory ashes, made of green wood; put them into one gallon of water; put the vessel on the fire; let the water boil 10 or 15 minutes; take it off; throw out the soot; let the balance settle; pour off the *lye* or *alkali*, as it is medically called; add one spoon-full of pearlash; and of this, take a tea-cup-full every morning; or less or more, just owing to the way it agrees with the stomach, as long as it lasts. Nothing must be taken above blood-heat; nor but little below; neither diets nor drinks. Slippery-elm bark must be infused in warm water, so as to make it tolerably *slippery*; and make this your constant and daily drink; and particularly every time you feel any burning or heat at the stomach take a little of it; this will give relief; and you may occasionally mix with it a little magnesia, calcined.

**Diets.**—Good flour made into thin cakes, with nothing on earth in it, but cold water, & a tea-spoon-full of pearlash to every two pounds of dough. The dough must be wrought till it is very brittle, or short; this must be eaten three times a-day, with weak tea, coffee,

sweet milk, or sweet cream, with a little water in it; or with a glass of old Nature's beverage—*water*.

I could mention oat-meal-mush, rye-mush, rice, barley, a little bit of venison, a bit of beef, Irish potatoes, all to be used without *salt*, or *sauce*; but I have told you first, what kind, in a general way, I find most suitable; and then, if you wish to change it, you can do so, for something that will perhaps agree with you better; for I must here observe, that dyspeptics differ very much in the use of diets; what suits one exactly, another cannot eat at all. A raw egg, in general, or lightly poached, is suitable, every morning; but I have met with some that could not use it in any way, without injury. Bran-bread is very fashionable, indeed; but I never have seen any benefit from it, only from its rough particles passing thro' the bowels, which may, by their irritating powers, act on them; but this is of no advantage. If you think the disease complicated with that of the liver, which is very common, and which you may know from a constant dull, heavy pain in the right side, and yellow eyes and skin, with black stools. You must occasionally suspend the use of the first pills, and give, for two or three days at a time, every night, a pill of aloes and rhubarb, one or two grains of each, together: more or less, as it seems to operate on the bowels. And occasionally change the first drink for a beer, made after the manner prescribed in "liver-complaints." The charcoal answers much better for some persons, than magnesia, in many instances. You must always have it prepared (see page 147); a table spoon-full may be taken from once to three times a day, while using nothing else. Gum Arabic is a good article to mix the pills with. Prepared chalk is very good to cool the burning at the stomach, once in a while (see page 164). In cases of long standing of this complicated kind, I give a little *quinine*; say a teaspoon-full in a pint of water, with a little vitriol oil; just enough to make it dissolve. Of this I give about a table spoon-full morning and noon; sometimes I give more at each time. The course

I have laid down, will and has cured any case that I have seen tried; and that is not a few. However, the mind is so depressed in some cases, that no cure can be effected. The only difficulty where the mind is not the *cause*, is, that many people have an idea that *much eating* is the *main remedy* for *all complaints*; and will cry out *starvation!* as an old lady told me once, that a *rascally* sort of a *doctor* starved her poor little son, *right plump* to death, the first day he came to see him with the fever!" Said I, "madam, I am very sorry to hear of his death, indeed!" "Oh!" replied she, "*the little thing got over it*; but he had a *tough pull* of it, for several days!"

Let me inform you that *this kind of starving* has saved the lives of hundreds. And unless you do pursue the most rigid course of abstinence in dyspepsia, you might just as well undertake to dash the earth against the moon, as to expect a cure.

Calomel, bismuth, salts, tartar emetic, preparations of iron, ginger, &c. are all recommended by *eminent physicians*, and said to be *excellent remedies*—but they never cure any body.

In old cases, where the stomach is not irritable, I give the *black tonic pills*, the size of a grape, night and morning. You will judge of its utility after a few times taking it. If it produces a *heat, or burning* at the stomach, stop the use of it; if not, continue it 15 or 20 days in succession; then using some of the other remedies.

---

### HEAD-ACHE—(*Cephalæa*.)

The term *cephalæa* means general head-ache; but there are several kinds or species, which are not worth an explanation. Sick head-ache, or what is often and properly called *nervous head-ache*, is the kind we are now speaking of.

This disease is very common in all countries in which the *temperature* undergoes transient vicissitudes; or in



other words, where the weather is subject to sudden changes.

In my travels over the U. States, I have observed that the inhabitants of open, barren or prairie countries are equally liable to this *painful disease*, it matters not what latitude; also in large *cities*, I find it a very familiar and common companion.

*The remote causes are*, whatever tends to debilitate and derange the system; *particularly the nerves*. Yet, owing to some constitutional *peculiarity*, or lack of sympathy between the head and nerves, you see some persons unsusceptible of this complaint, however much they may be debilitated or exposed to the causes which produce it. One great object in the cure of this malady; is to avoid the *exciting*, or in *technical phrase*, the *approximate causes*; which means the *causes* that throw you immediately in a *fit* of the complaint. I will therefore give you a few of the most *prominent*, that you may know how to guard against the attacks.

*Causes*.—Exposure to either *extreme* cold, or heat; any thing that produces a sudden check of perspiration, as sudden changes of weather at any season; and getting your head or feet wet; night air, and putting on damp clothing; fasting too long, or eating too much; losing sleep; great excitement of passions; sleeping in damp beds or rooms; lying too hot or too cold; excessive *venery*, and lying in bed too long; particularly with your head low; indigestible food, and strong drinks; and I may add, excessive use of tobacco in any way; bile in the stomach, and costive bowels; and lack of *proper* exercise.

*Symptoms*—are oftenest felt in the morning, before, or just after you get up; a dull, heavy sensation thro' the head; heat and uneasiness in the eyes and face, and soreness down through the neck, shoulders and back. Sometimes you feel a tightness thro' the temples and across the eyes; a chillness, and kind of yawning is sometimes felt; heat at the stomach, and a sort of *in-describable* weakness, or slight trembling all over the whole system. Very often cold damp feet and hands; sometimes unpleasant, or what you would call "cold sweats" break out. Your

bowels mostly feel uneasy in some way; and sometimes, instead of your hands and feet being cold, the bottoms are hot, and you feel hot flushes and chills run over you. Your water, when the symptoms come on you *suddenly*, is apt to look very clear; but if *slowly*, or continue six or twelve hours, the urine is thick and high colored, and a heat is felt in passing it. The stomach with some persons, is always oppressed, and wind is frequently thrown up, with very sick feelings, and an inclination to vomit. While some are but little troubled with wind, they feel a peculiar cramp in it; or as they express it, "like the stomach was *gripped* in the hand, or in a *clasp*, till it was in a *knot* or *lump*, not bigger than a *trap-ball*." If vomiting takes place, you seldom fail getting relief. Sometimes you will linger along two or three days before the fit is violent; at other times, it becomes *excruciating* in a few hours.

*Treatment.*—In the first place, carefully avoid all the foregoing causes that produce it, and all others that you know of; and wear flannel or thick cotton next the skin, to prevent the influence of sudden changes of air. seldom if ever, use mineral medicines, except such as invigorate the general system. In muddy or cold weather, always wear thick soled shoes; and in winter, warm stockings; and if you ride out, have flannel socks over your stockings, or over-shoes on.

*Medicines.*—If you have bile in the stomach, which you will know by the color of the skin, eyes and water, and black stools. heat and oppression of the stomach, &c. In this case, I give a dose of No. 1, and cleanse the stomach well, by working off the medicine with rose tea; or chamomile or balm may do; but *rose* is better than any thing I know of; it has a *peculiar efficacy* on the nerves of the stomach. At bed-time, give a tea-spoon-full of rhubarb, and the size of one or two pepper grains of aloes powdered together, either in pills or powder, as you choose. If it should not bring three or four stools, next morning give cream of tartar enough to work it off. Then take columbo root powdered, two table spoon-fulls; rhubarb powdered, one table spoon-full, culver's root a tea spoon-full; iron dust a table spoon-full; orange-peel two spoon-fulls; mix them all well together; divide them into 30 powders, as equally

as possible, and take one every day, in what molasses or honey will mix it, half an hour or more before breakfast, and then another at bed-time, till you have used them all. And any time that you feel bilious, take about the size of one pepper-grain of aloes, at bed-time; next morning working it off with a small portion of cream of tartar; at the same time omitting the use of the other medicine for a day. If you are not bilious, you need not take the aloes; but it seldom happens, but what within the 30 days, you will find a little necessary, occasionally. A teaspoon-full or two of magnesia may be used once in a while, for heat at the stomach; but not a common practice made of it. You must remember that the quantity of medicine must be proportioned to the strength, age, &c. of the patient; for some *children* are subject to the malady (tho' not common). This fact I have witnessed in Kentucky; and also in the extreme south.

After taking the above medicine a month or so, if that long is necessary (for you need not expect to be cured of this obstinate disease by the *day*) you must change the composition, by leaving out half of the iron, all of the orange peel, & adding the same quantity of cinnamon bark, and a teaspoon-full of quinine, or pepperine, whichever you prefer, or can obtain easiest. If neither can be had, a table spoon-full of red pepper, pulverized, will make a very excellent substitute.

*The management of a fit of sick head-ache.*—The instant you feel a fit coming on, which will commonly be of a morning, if it has been caused by cold in any shape, whatever: which you will easily know by the tightness about the head; stoppage of the nose, and a chilly, or as you *perhaps* will call it, a *damp feeling*. Take a teaspoon-full of laudanum in 2 or 3 spoon-fulls of warm water, or nearly so; for a little will only make you worse; and eat a very light breakfast; little more than a cup of coffee or tea must be taken; for if you take meats, or much solid food, the stomach cannot digest, it and it oppresses and makes the head and stomach much

worse; and when the fit grows violent, you are apt to vomit up your breakfast. If you feel the approach of the head-ache, with the presence of bile in the stomach, take a tea spoon-full of ipecac, in a gill of warm water, two or three spoon-fulls every five or six minutes, till your stomach is emptied, drinking warm mint or pennyroyal tea to assist it, occasionally. As soon as the stomach is relieved of its burden, whatever it may be, take a teaspoon-full of laudanum, as above directed. I here repeat it, that laudanum in small quantities, is worth nothing; and if you take less, unless you are of very weak habit, it will produce just excitement enough to make you worse; and in an hour or two, you will have to repeat the dose. Always after taking the dose, you must not take any thing into the stomach for about an hour; this gives the laudanum time to exert its influence. Be quiet all day afterwards, even when you are easy; because the least exercise of mind or body will make the head-ache return. Thro' the whole day your diet must be of the lightest kind, and as small a quantity as you can do with. Many times you have a very craving appetite at the approach of the symptoms; and will, inadvertently, eat too much. After you begin to feel the effects of the laudanum, and have taken a little nourishment, you had best lie down in a dark, quiet room, with your head raised higher than you usually sleep with it, and encourage a good sound sleep.—When the *fit* is on you, if you have a *damp*, or chilly feeling after the medicine is taken, you may drink a cup or two of pennyroyal or mint tea; and if your feet are cold, bathe them in warm water; dry them, wrap them in warm flannel, and lie down. If you do not feel like going to bed, sit quietly in the room, where you will be tolerably warm; for even after your head ceases to pain you, if you go into the cold air directly, it returns on you with great violence. Toast water, blood-warm, may be drank thro' the day; or after you feel relief, and are thirsty, a soda or seidlitz powder may be drank, or a little cream of tartar, or a little lime juice or syrup,



in water. If your bowels be costive next day, these articles must be taken any how; so as very gently to open the bowels. If the *fit* comes on slowly and mildly (which it sometimes does, *teasing* you for 2 or 3 days), you may be sure there is bile present; which may be removed, and the *spell* stopt, by taking a spoon-full or two of cream of tartar, or a grain or two of aloes, with a teaspoon-full of rhubarb. If the nose be stopt, and much tightness in the head, snuff camphor and spirits up your nose, till both *nose* and *eyes* discharge a smart quantity of water; and wet cloths with it, and rub and lay them on the temples, till a little smarting is produced. Hartshorn, and other articles, snuff-weed, &c. might be used; but there is nothing so good, and at the same time so innocent as *camphor*. Nor is there any stimulus like laudanum in this complaint; I have tried every thing else that I ever saw recommended, or could invent myself; and every thing else only increased the pain, except warm, innocent teas; such as will keep up slight perspiration; they will in some cases, give a little relief. I might have mentioned, opium and Bateman's drops, a pill the size of a pepper grain or two, will give ease as well as laudanum; but not so quick; and a table spoon-full of Bateman's drops will do the same; but they amount to the same as laudanum; because opium is the *basis* of laudanum, and laudanum is the *basis* of Bateman's drops; so the relief depends on the quantity of *laudanum* or opium, and nothing else.

Do not let any body dissuade or awe you from taking it; and after you have made one or two trials, the relief will be so prompt and certain, and leaving no bad condition of the system (except a slight feverish state at times, which will follow in a much greater degree, if nothing had been taken) I defy any thing that can be said to you afterwards. When the stomach is very much oppressed with wind, do not go to *dosing* and *drenching* your stomach with hot medicines for expelling *wind*, or what in *medical* language, is called *carminitives*; such as ether, pepper-mint, assafœdita, &c.; for

I tell you again, that they will only aggravate the complaint. The course I have here laid down, if carefully followed, is a certain remedy; and as for the use of the ipecac, it is perfectly harmless, being a *mere child's* medicine; then because you have heard frightful things said about vomiting, do not be afraid of using this when the stomach is oppressed; and after you have given it a fair trial, you will not be afraid of it.

After the *fit* is over, the use of the first medicines may be resumed, as before. Soups never agree with *sick head-ache*. Dr. Dwight, of Connecticut, recommends cider; and Dr. Mease, of Philadelphia, advises a solution of arsenic; and also potash, calomel, jalap. and other articles. Many other prescriptions are given by physicians, of which you will be your own judges. Keep your bed-rooms of regular temperature; neither too hot nor too cold. I have told you that all kind of exertion while the *fit* is on, must be avoided; reading, talking, or any thing of the sort, increases, or if you have gotten a *little ease*, brings back the pain. Some, *even medical men*, will tell you that opium in any shape, only gives relief by its *deaden*ing or stupefying influence! This is not the fact; it does it by its *diffusible* and stimulating effects, which are *peculiarly* adapted to *this condition* of the general and nervous system. This assertion is clearly proven; because you often feel perfect relief, without being the least stupified, or inclining to sleep. And moreover, as you begin to feel relief, or directly after you do, you feel a pleasant *twinging*, or sort of *itching* all over the surface of your body; which tells you that the *virtues* of the medicine have pervaded the whole system; opened the pores, and *restored* healthy circulation. And you recover more promptly, permanently, and less *enervated*, from a *fit* of this complaint, with the use of laudanum, than any remedy on earth.

PHTHISIC—(*Asthma*.)

Which means, to breathe with difficulty. From infancy to old age, all sexes are subject to this complaint. Dr. Eberle of Philadelphia seems to doubt his fact, but there is no doubt of it; because I have seen many children afflicted with it, who about the time they arrived at the age of *puberty*, appeared to out-grow and get rid of the disease. Also at this period many persons become afflicted with it. Where it is not *hereditary*, it leaves persons, after middle-age, or a little over, say, 45, or 50. But if it be *hereditary*, and does not go off at the time he or she arrives at the age of man or woman, it is apt to become more aggravated in the decline of life. The remote cause of *asthma* is not satisfactorily known, or settled on.

*Causes*—which excite, or bring on a *fit*, are often owing to the peculiar states of the air. It may be too dry, or too damp, too hot, or too cold, and may contain too much or little *electricity*, for the nature of the disease in different persons; for the same condition of atmosphere does not operate alike, on all asthmatics; consequently, you see one person in a *fit* of this disease in one stage of the air, and others, in a very dissimilar condition of it. Hence it is that they cannot tell why nor when they will be attacked with a fit of the complaint. When the body is warm, or sweating, sudden cold is sure to produce it. Inhaling dust of any kind; the fumes of various substances, such as too much tobacco, &c. &c. In the cure of asthma, the exciting causes must be carefully avoided for awhile: or else you may lay aside your remedies.

*Symptoms*.—In some instances for several hours, or even days, before the fit comes on, you feel a slight difficulty of breathing; a weight and fullness in the breast and stomach; bad appetite, and sometimes a great craving for food; heart-burn: belching; weight about the eyes, and anxiety and heat in the fore-part of the breast, (*præcordia*) as it is called. The *fit* (paroxysm) is most apt to come on of a night, with hard breathing, stricture, or tightness across the breast; a short dry cough and great anxiety, and the symptoms become rapidly increased and frightful;

the patient wheezes; loses the power of speech; cannot lie down; rushes to the window or door for air, in the most *dreadful agony*! The feet and hands are mostly cold; the face and eyes bloated; and the neck veins look like they would burst; the bowels are mostly bound, and swelled with wind; the water pale colored, and plenty. If not relieved, this fit continues till towards the morning; when you begin to cough, and spit up a tough frothy matter, and the symptoms abate a little by morning; but by night again, you are perhaps as bad as ever. Thus it returns for several nights, if you are not relieved.

Bree says the violence of the *fit* (paroxysm) is equal, whether the stomach be full or empty; but that the patient suffers great distress, if the stomach be completely empty, immediately after a *spell*. This is very true, that he does suffer greatly with an empty stomach, directly after a fit, and it should not long remain so; a little gruel, tea, coffee, or some light nourishment should be taken as soon as the fit is off; because, after the powerful exertions it undergoes in the course of the *spell*, whether vomiting is produced or not, it becomes very relaxed, weak, and tender, and falls into a state of *collapse*; which means, the insides falling together. But I have attended on a vast number of *asthmatics*; and I well know, that in a fit of this complaint, it is seldom if ever, as violent with the stomach moderately empty, as when full.

*Treatment in general*.—Take a handful of lobelia, *dried in the shade*, or it will answer green; beat it up, and put it into a pint of spirits, or wine; let it stand a day or two, frequently shaking it up; then strain, or rather squeeze it through a cloth; bottle up the liquor, with a few spoon-fulls of honey in it. Of this, take a table spoon-full every morning and night—if this quantity produces a very slight sickness at the stomach every time, it is sufficient; if not, increase the quantity gradually, till it does. If vomiting is brought on, lessen the dose—thus suiting it to the circumstance of the patient, so as to feel a little *nausea*, at least of a morning. If the patient be very much weakened, from the long continuance of the complaint, or any other cause, add to the tincture, a spoon-full of iron dust, and a tea spoon-full of *quinine*. These will give *tone* and *vigor*, renew the blood, and produce *equal circulation*. When the *spasm* comes on, do not wait one moment; but take



enough of the simple *tincture* to produce a motion or two of vomiting; this will relieve you instantly. If the patient is of *full* habit, take blood; and if the fit is obstinate, bathe the feet in warm water. The lobelia may be used in a tea spoon-full or so of the powder, either in a fit, or in the recess. It is the only remedy I rely on, as a certain cure. Many times a little of it will give perfect relief in a *spasm*, without producing the least sickness at the stomach; but you have mostly to give it till puking is brought on in violent cases. Do not be afraid of this medicine, because Thomson or any other man claims the discovery of its virtues. It matters not whether it has been discovered accidentally or *scientifically*, its utility is the same; therefore I entreat you to give it a fair trial; for I know it is a sovereign remedy for asthma. It may be taken, beaten up and infused in water, or any way you please. It is most pleasant sweetened; and if the patient be stout otherwise, and full of blood, I have mostly found it better to use the lobelia without the spirits. Opium is much recommended; and in some instances, in very weakly persons, I find it serviceable just after the patient has been relieved of a severe spasm. A little laudanum, or Bateman's drops, are best—these will quiet the *nerves* and equalize the *circulation*. If the bowels are bound, a glyster or two must be thrown up, just so as to open the bowels gently; but not as to teaze or fatigue them. And at all times the bowels must be kept regular, by a little cream of tartar, rhubarb, or aloes.

*Diets*—must be light, but plentiful; and regular meals and light suppers must be observed throughout the whole cure; and all the exciting causes carefully avoided, till every symptom of the disease is gone.

*Emetics*, such as tartar, vitriol, ipecac, squills, &c. hens-bane, jimson root, fox-glove (*digitalis*), calomel, hot coffee and hot spirits are recommended; and blood-letting by some, is highly spoken of in all cases. As to the ipecac. used in *nauseating* doses, and even where

vomiting is necessary, I find it next best to the lobelia. The jimson root too, in some cases, I believe to be good, taken in decoction, till a slight stimulus is felt. For the remedies just mentioned, you can use or let them alone, except *Tartar Emetic*, I pray you in *asthma*, "touch not, taste not," The skunk cabbage is said to produce similar effects to those of lobelia, and I have a good opinion of its virtues in *asthma*. Seneca snake root in decoction, sweetened with honey, and drank warm, in moderate quantities, is very useful in some cases. All remedies in this malady, which give relief, do it by their specific efficacy on the lungs; by which they are thrown into proper action, their cells opened, and the viscid matter expelled. This fact is well tested, by the administration of such medicines as produce purging, sweating, copious discharges of urine, &c. all of which are of but little benefit in spasm of *Tisic*, unless they are of a kind that act properly on the lungs at the same time.

I might mention that mustard, a tea spoon-full of the seeds pulverized, taken in vinegar three times a day, is very suitable for some kinds of *Tisic*. A diet of raw eggs and well-cooked onions, are said to be very serviceable in this complaint, in some instances.

### INFLAMMATION of the BLADDER—(*Cystitis*.)

*Symptoms*.—Violent pain in the lower part of the belly; burning and throbbing about the *perineum*, which means that part between the fundament and privates; soreness to the pressure of the hand, just above the *pubis*; frequent efforts to make water, with little, and sometimes no effect. When the urine is passed, it is in very small quantities, highly colored, and often tinged with blood; bowels bound, and often, like in other cases of inflammation, sickness and vomiting; the pulse is mostly irregular, and smaller than it is in most other cases of inflammation.

*Treatment*.—First, in most instances, take blood in proportion to strength, &c.; open the bowels with glysters, blood-warm, made of fine corn-meal or flour, with a little castor oil, sweet oil, or lard; as soon as the bowels are sufficiently opened, then inject up the

fundament four or five times a-day, glysters made of new milk and water, or slippery-elm bark tea, or flax-seed tea. The arrow root and the marsh-mallow root tea is very good; so is the lynn bark tea; they must all be used hardly blood-warm. The patient must frequently, or at least every time he wants to make water, sit over the steam of hot vinegar, as warm as it can comfortably be borne; or over the steam of any kind of bitter herbs, cedar tops, or if you have nothing else, hot water will answer admirably. Cream of tartar is all that I have ever found necessary to be taken by the mouth as a purgative, and that in very small portions at a time (tho' salts and oil may be given, so as to bring copious stools). It acts in a proper manner on the urinary organs, as well as on the bowels, and does not weaken or sicken the stomach. As soon as the inflammatory symptoms have abated a little, the steam-bath must be given lightly; from which you will see the finest results. This, together with the warm glysters, and sitting over warm steam, is far better than any warm poultices; and so are cloths wrung out of hot water, and applied to the lower part of the belly and *perineum*. The foot-bath is very serviceable. After the bowels are well emptied, a tea spoon-full of laudanum, or a table spoon-full of Bateman's drops may be added to each pint of the glyster you throw up—that is, where the general inflammation is not very great; and when the patient is of weak habit, the use of laudanum and a little camphor will seldom be amiss, after the bowels have been unloaded.

*Diets* must be such as will not oppress the stomach and bowels; and in a short time, this course will give perfect relief. Sometimes, where the inflammation is in the neck of the bladder, or when the matter thickens and lodges in the neck, and stops the passage of the urine, the *catheter* must be carefully and very slowly introduced, so as to discharge the water; if you have no *catheter*, many times it answers very well to inject or squirt milk and water, not quite blood-warm, up the

water passage; this opens the mouth of the bladder, and gives vent to the water; but I do not recommend either of these, if the water can be discharged without. After the bowels have been emptied, and the steam-bath administered, I sometimes give laudanum by the mouth; and in debilitated persons, I have given it immediately preceding the bath.

Prout and Ritcher both, highly recommend the internal use of opium. Some authors give calomel combined with opium. Blisters and leeching are used in the common practice. Eberle uses emollient poultices; and says that he has employed the muriated tincture of iron, with peach leaves, with great benefit in *chronic* cases. Nitre is very much used in all cases. I will just mention that I have, in all cases of inflammation, from the breast down, seen many alarming consequences from blisters, by their immediate and powerful action on the kidneys.

### INFLAMMATION of the KIDNEYS—(*Nephritis*.)

*Symptoms*.—These symptoms are easily distinguished from inflammation of the bladder, by a violent pain on one or both sides of the small of the back, of an aching nature, and not much increased by pressure over the part; but being highly aggravated on sudden motion, or being jolted about; and by the testicles nearly always being drawn up to the belly; with pains darting down the thighs, at the same time a numbed feeling in them. The inclination to make water is generally more urgent and painful.

*Treatment*.—Unless the patient is stout, or very full of blood, I seldom draw any. I open the bowels by mild glysters, oil, cream of tartar, or some gentle purge; and unless the inflammation be general and very powerful, after the bowels are emptied, I always give about a tea spoon-full of laudanum, or double the quantity of Bateman's drops; or you will always remember that opium is the next best, if you have neither of these, but more slow in its operation. The moment your bowels are empty, the steam-bath must be used; and if the pain does not abate, it may be employed two or



three times a day, and sitting over warm steam frequently, must not be neglected. I frequently mix a little camphor or sweet spirits of nitre with laudanum. Cupping on the small of the back, as near over each kidney as you can, is a fine practice. In lingering cases, where the patient appears bilious, I sometimes give the bulk of a small pea of calomel to a grown person, and less in proportion for children. Other physicians give salts, oil, calomel, Dover's powders, antimonials, uva ursi, saltpetre and ipecac.

*Chronic, or old cases, from any cause.*—I give a little cream of tartar to keep the bowels gently open every day, and occasionally a little rhubarb, or senna tea; and make daily use of uva ursi, a table spoon-full of the leaves powdered finely, twice or three times a day, for two or three weeks; or a tea spoon-full of sweet spirits of nitre, two or three times a day, in a little water. The British Oil is very good, 20 or 30 drops twice a day; and so is the Balsam of Fir, and the genuine Balsam Copaiva, taken in like manner. Turpentine pills every night and morning, are useful. Water-melon and punkin-seed tea is good in all inflammations of the kidneys.

### INFLAMMATION of the MILT—(*Splenitis*.)

*Symptoms.*—Pain in the left side, just under the ends of the ribs, and round to the back-bone; sometimes as low as the hip; when very bad, the pain reaches up to the left arm-pit, and into the shoulder; yellow skin and eyes, and in every other respect, the symptoms are nearly like those of the inflamed liver (see 212). The pain which extends up the side, may easily be distinguished from the pleurisy, by a numbness and deadness about the shoulder-joint, and also by the seat of pain being below the ends of the ribs.

*Treatment.*—If the patient is full of blood, two or three bleedings are sometimes necessary. I always give No. 2, and work it off with cream of tartar, salts, oil, or something of the kind. Blistering over the pain is the next thing; tho' cupping in some cases will answer. If the bowels are weak and costive, I use glys-

ters, and keep the bowels open, both with them and other active purgatives, for several days; occasionally giving No. 2, or more commonly, about the size of a pepper-grain or more of aloes, of a night, and working it off with salts, or any thing that will purge actively. The moment the system is prepared by opening the bowels, &c., use the steam-bath, and continue it once or twice a day till the patient is relieved.

*Diets* must be much like they are in other cases of inflammation. If the spleen becomes enlarged or *hardened* (indurated), the same treatment must be pursued that I have laid down under the head of "Liver-complaint," page 213.

---

### INFLAMMATION of the LUNGS—(*Perineumonia*.)

This complaint is caused oftener by over-heats and check of perspiration, than any thing else; tho' it may be brought on by any cause that throws too great a portion of blood, or other fluid into the lungs.

*Symptoms*.—Severe pain across the breast, just about the nipples, and upwards; if the inflammation is equal in both lobes of the lungs, the patient inclines to lie on his back, or sit up; dry, painful cough; flushed face, very often with a red or livid spot on one or both cheeks, which is small in the morning, growing larger in the evening; fever; irregular pulse, and a dry, hot skin.

*Treatment*.—Bleeding in robust persons, is always necessary, first; then empty the stomach and bowels with cream of tartar, senna tea, oil, or any mild laxative; together with the use of glysters. Then put No. 2, into half a glass of warm water, sweetened with honey, and give a table spoon-full every 15 or 20 minutes, till slight nausea is produced; and keep it up nearly constantly, for two or three days. If the one tea spoon-full as directed under No. 2, is not strong enough in half a glass of water, you may put in double the quantity. If the inflammation and pain continue violent, you may bleed a second time; and the bowels must be gently open, till the inflammation abates. The *nauseating* doses of ipecac. and lobelia, will throw the lungs into action, and unload them of the viscid matter. This is

what is required in an inflamed state of the lungs; because they are filled with a *matter*, which can neither be bled, blistered, nor sweated out of them; but it must be thrown out, by a medicine which increases their action, distends their cells, and thins the mucous. Do not, in taking this medicine, be the least uneasy; for if properly managed, it will act like a *charm*. If the patient has a bilious appearance, you may give the bigness of a pepper-grain or two of calomel, as the inflammation is declining, and work it off with cooling medicine. In this complaint, from mismanagement, the foundation of "*Consumption*" is often laid. Most people, as soon as any thing is thought to be the matter with the lungs, no matter how slight an inflammation, or any thing else, they call it "*Consumption*," and fall to work for that *dreadful malady*, and never stop an instant, till the patient is *bled, puked, blistered* and *purged* down into a true stage of Consumption! Whereas, if but *little* had been done *properly*, he would have recovered in a few days. This is the very reason why you hear talk of so much bleeding, blistering, &c. in Consumption; they have only mistaken inflammation in a simple (and many times not dangerous) state, for *pulmonary* consumption. In such cases, you will find *mercury*, tartar, digitalis, and many more such remedies recommended in the highest terms. In any disease of the lungs, I think tartar, in any shape, a very dangerous medicine!

*Diets*, in this complaint, must be very light for several days; and drinks made of flax-seed tea, &c.

---

#### SAINT ANTHONY'S FIRE—(*Erysipelas*.)

All persons are liable to this complaint; but females are most subject. It is mostly caused by some irritating matter in the stomach and bowels, and obstructed evacuations, such as sudden check of perspiration, stoppage of the menses, and the running of ulcers, &c. It is said if a person once has it, he or she is always after, subject to attacks; this is very true; because the same peculiar condition of the system, is apt to occur again.

It most commonly attacks the face and extremities; but every part of the system is liable. The head and face are by far the most dangerous.

*Symptoms.*—For a few days before it breaks out, you feel a great lassitude, or weakness; bad appetite, and hard breathing, very often; sometimes it comes on suddenly, with a chill; heat about the breast and stomach; mostly costive; a heat is felt where it breaks out, with a twinging and slight smarting. It shows itself in a reddish colored spot, or *patch* of pimples; they raise after awhile into little blisters, and the part becomes very sore and tender. If the attack be on the body, you feel a soreness all through it.

*Treatment.*—If in full, healthy persons, I take blood; particularly if the head be attacked; but otherwise, I do not bleed copiously, and in weakly persons I take none. I immediately open the bowels with salts, cream of tartar, or something that will keep them in a tolerably active state. If the stomach seems oppressed, I give a gentle puke of ipecac.; and if bilious, I give a little calomel, with a small portion of ipecac., just enough to produce *nausea* at the stomach a little while; then work it off with salts or cream of tartar, in warm water. If the bowels are costive, and very *torpid*, or hard to operate on, I always use warm glysters. I annoint the affected part with sheep suet and fresh tar melted together, and the ashes of oat-straw stirred in it. Fine flour or starch is good sprinkled on the part frequently. When the patient is healthy other ways, and with but little fever, and the affected part can be covered with a blister, it will stop its progress. But my great dependence is, in keeping the bowels open, and using the first mentioned ointment. And after the system is prepared, the steam or warm-bath will be found excellent. If the patient becomes very weak, opium in any shape, will be good; and so is a little camphor; and if gangrene appears like taking place, the wine and barks, or quinine, as much as the stomach will reasonably bear, must be given daily till the symptoms abate; and at the same time, the bowels must be kept open. If the part ends in *ulcerating*, or running matter, as you



would call it, & turns yellow and *sloughs*, or throws off rotten flesh or skin, opium is always necessary. When I speak of opium, you will recollect that I mean any of its preparations.

*Diets* must be light, and drinks warm. Spirits of turpentine, both as glysters, with oil, and ointment, is recommended. And sugar of lead in *solution*, which means dissolved in water, is said to be good on the affected part.

Eberle says for several years he used corrosive sublimate, 4 grains to about a wine glass of water, wetting cloths in it, and laying them on the inflamed part; but that he afterwards found that *nitrat* of silver, (which is nothing but lunar caustic) is much better used in the same way. Mercurial ointment is recommended to be rubbed on the part; hot blood, and many other things; but I had rather use simple fresh butter, or lard, than either of them.

---

### FLUX—(*Dysentery, or Dysenteria.*)

Caused by a damp, cool, or wet spell of weather, following a dry, hot season; it is most common in summer and fall. Warm climates suffer most from this complaint. It appears to be *contagious*; but I think the same general causes that produce it in a town, neighborhood, or section of country, render all whose mode of life and systems are in similar conditions, subject to it. A sudden check of perspiration, or eating some unwholesome fruits or food, is the common exciting cause.

*Symptoms.*—Great pain in the belly; sickness; sometimes chills and flushes of heat; bad taste in the mouth; griping; passing lumpy and mucous, or slimy matter, mixt with blood; sometimes it comes on gradually, with griping, and occasionally hard lumps of the *excrements* are discharged with great pain; and then for awhile, nothing but thin, watery matter, followed by bloody jelly.

*Treatment.*—This is a complaint which requires as great a variety of treatment, under different circumstances, as almost any other. The size, age, climate,

constitution, &c. must be well considered. If the patient be of full habit, and of sound constitution, in the first stage, and the fever high, I take blood, perhaps a time or two; and as there is always derangement of the liver, in some degree, I give a small dose of calomel, about 5 or 6 grains, and sometimes half the quantity or less, which would be the bigness of a pea. In two or three hours, this must be followed with a spoon-full of cream of tartar, pulverized as fine as it can be, in half a glass of warm water; or a spoon-full of castor oil; or two or three spoon-fulls of sweet oil is much better; because if the castor oil is the least rancid, it is very sickening and griping. At the same time, if it can be had, inject up the fundament, thin mutton soup, with plenty of the fat in it, without salt, thickened with the finest flour or starch; it must hardly be blood-warm. If this cannot be had, use the slippery-elm bark tea, with sweet oil, or fresh, clean butter in it; or it may be used alone. The flax-seed tea pretty thick, may be used for glystering. The flux-weed or benne seeds, may be boiled and strained out, and the tea injected, and drank at the same time, it is excellent; sweet milk, alone, or with sweet oil, may be injected. As soon as the stomach and bowels are emptied, as above directed, I use some of the same glysters, with a teaspoon-full of laudanum in it; and if the symptoms of inflammation are abated, in the course of that day, or the next, I give the same quantity of calomel, with an equal portion of ipecac. in a teaspoon-full of laudanum, or a table spoon-full of Bateman's drops; and after a few hours, work it off as I did the first. The calomel regulates the liver, carries off the bilious and other morbid matter, at the same time it assists the laudanum and ipecac. in opening the pores of the skin; for you will remember that there is a direct sympathy between the liver and the skin, and that calomel, if not passed off too speedily thro' the bowels, has a great influence on the skin; consequently, in this disease, it has a much better effect, given in small doses, and conjointly with opium. The

ipecac throws to the extreme surface, and the opium or laudanum equalizes the circulation, and eases pain, and quiets the patient, till the three medicines can produce their full united influence. If the patient be of bilious habit, (which is nearly always the case in warm climates) inclining to vomit, from bilious crudities in the stomach, I give a puke of ipecac., say a teaspoon-full in half a pint of warm water, a spoon-full every five or six minutes, till gentle vomiting is brought on. with plenty of warm water to work it off. Then give a small portion of calomel and ipecac. in equal parts, every two hours thro' the day; then work it off with cream of tartar, or oil, &c., as above directed; never forgetting to use the glysters three, four, or half a dozen times a-day. In all cases, after the stomach and bowels have been unloaded of their irritating contents, unless the *febrile* symptoms are very great, I invariably use opium or its preparations, unless I know that some peculiarity of the constitution exists, which will not allow it. I commonly give it just before I put the patient into the warm-bath; for I must here impress it on you, that so soon as the system is prepared, the warm-bath must be used. I say warm-bath; because, since I invented my steam-bath, I have not used it in flux, only in a few *sporadic* cases; which means, cases that occur occasionally, when the disease is not prevalent, or epidemic; but I have previously used the water-bath very extensively, with the happiest results in all instances; and I have no doubt but the steam-bath is equally efficacious, if properly employed; and after the feverish symptoms are removed, laudanum may be given in almost every dose of purgative medicine; it retards the operation, till the medicine can have its effect; otherwise, the medicine runs thro' the bowels without doing any good. The preparations of opium, perhaps, are more suitable in this, than any other complaint, in which there is so much inflammation; because it not only assists in giving other medicines time to perform their office; but there is always a *spasmodic* and *rigorous*

state of the system, which nothing else will allay and equalize so well. And if you give it in large doses, you will see that ease, sound and refreshing sleep is produced, and a soft and moist skin is sure to follow, if not given while the bowels and stomach contain irritating matter. When the patient is very weak, I frequently give small-portions of camphor and landanum, in equal parts, in any kind of warm tea; this eases pain, and braces the nerves of the whole system. It must be remembered that the bath in this complaint, must be very mild in temperature, and short of duration. The use of opium was almost abandoned in flux, in Cullen's time; but it was soon found that his opposition to it, was more from ill feeling towards Dr. Brown, (who highly approved of it) than any thing else.

The great Sydenham says, "so important is opium, in the hands of a skilful physician, that without it, his hands are, as it were, tied, &c. in dysentery."

Dr. Stokes of Dublin, Eberle, of Philadelphia, and many other eminent physicians, recommend the proper use of opium, in the highest terms. Where the patient is of very weakly habit, or a relapse has taken place, astringents may be used after the bowels are well cleansed. Take of slippery-elm bark, and the inside of pine bark, of each a large hand-full; put them into a quart of warm water; after it stands half an hour, shake it together, and give to your patient a wine-glass-full every hour, warm, for four or five hours. This will both cool and *constrict*, or bind the stomach and bowels slightly, and render him very easy and pleasant. The above remedies must be repeated as occasion requires, and the portions lessened or enlarged to suit the age and constitution.

*Diets* must be such as will pass over the tender inflamed parts with the least pain; flour-mush and milk, or thickened milk, tho' tolerably thin; warm mutton and chicken soups, with a little milk in them, all without salt; gruel, with a little milk added, &c. Thick slippery-elm bark tea may be drank; so may good *vinegar*,



made weak with water. This is, by some eminent physicians, said to be *even* a good *medicine*. Blisters are used on the belly; but I have never seen any good result from them. Instead of them, I have always preferred the application of tobacco, soaked in warm water—this I have used often, with the greatest benefit. But you must not let it remain on longer than till slight sickness is produced.

Dr. O'Brien says he uses tobacco as a glyster—ten grains to six ounces of boiling water, is strong enough, and thrown up warm. I may here mention balsam copaiva, white vitriol, antimonial wine, and many other articles, in use with medical men.

I have used the following medicines, with great benefit, indeed; particularly in cases of long standing, that have relapsed :

Give a few grains of calomel; work it off after a few hours, very gently, with oil, or cream of tartar, &c. Then mix two spoon-fulls of laudanum, and two of the tincture of *catechu*, (see page 157) and give a teaspoon-full every hour, till the pain ceases; then after a few hours, give a little castor oil and sweet oil, equal parts, just so as to open the bowels. I cannot leave this subject, without mentioning the great injury that is done in fluxes, particularly in their first stage, by hot, stimulating articles; such as spirits, ginger, &c. In this case, the bowels, if not already highly inflamed, are in a very irritable state; consequently, they are made worse. Some will immediately take the most powerful astringents; such as brier root tea, oak bark, &c. These things only lock up the bowels, filled with irritating matter, which ought to have been purged out—thus, *fuel* is only added to the flame.

---

### LAX OF THE BOWELS—(*Diarrhœa*), pronounced Di-a-re-ah,

Is caused mostly by *cold*, particularly when applied in a damp way, to the feet or belly; also by indigestible food, or fruits, or any kind of foods or drinks that irri-

tate the stomach and bowels; and from worms. It sometimes passes through the country as an epidemic. A deranged condition of the *liver* is apt to be followed or accompanied with diarrhœa; especially in warm climates, and when the patient is just recovering (convalescing) from a bilious attack.

*Symptoms.*—Pains in the belly, and passing thin watery matter, and sometimes hard lumps, of a dark or greenish color, mixt with mucous, or jelly; and often passing whatever you eat, in an undigested state. This complaint is many times continued, from the inside, or what is called the *mucous membrane* of the bowels, becoming ulcerated. For after the disease is once begun, the irritating contents may be confined and retained in the same place, till the part becomes an ulcer.

*Treatment.*—In ordinary cases, a small dose of calomel, at bed-time, and a spoon-full of castor oil next morning, with due regard to light diet, such as will pass easily over the tender parts of the bowels, will give relief. You may repeat the dose of oil, with a little laudanum or Bateman's drops in it, if the first should not give relief. At the onset, if caused by cold, or improper food, a gentle vomit, followed by a very light purge of oil, senna tea, rhubarb, cream of tartar, &c., will be all that is necessary in light cases; and sometimes even a dose of oil, followed by some gently sweating tea, with a little Bateman's drops, at bed-time, and a glass of hot toddy next morning. If the malady is *epidemic*, it will be more obstinate; but here let me observe, that no diarrhœa should be treated with *drastic* or heavy purges. The complaint is often protracted to a great length, and dangerous condition, by this very *imprudent* course. You take perhaps, in the first instance, a heavy dose of oil, or something else; after the operation, you are no better; and in order to make sure work, you double the dose; by this time, you are much weaker, and worse off in your bowels; you now decidedly conclude that it is owing to the great violence of the disease, that you did not stop it at first; not once think-

ing that the malignity of the complaint has been increased by the overpowering influence of your ill-managed remedies! Thus you suffer much from want of knowing the nature of the disease, and often produce violent inflammation of the bowels. It is a complaint which seldom carries with it much fever, but always a share of debility—hence you must treat it mildly. If the patient is much debilitated, or the case of long standing, flannel must be put on next the skin; and give a grain or two of calomel every hour, for 4 or 5 hours; this will check the complaint from its general influence; then give a spoon-full of *cold pressed* castor oil, with a few drops of laudanum in it; after these have operated, use the warm-bath frequently. If there is nothing more than a mere weak or torpid state of the bowels, and a constant flow thro' them of watery matter, without much pain, or griping; astringent or binding medicines may be resorted to. Take of black-berry root, dogwood bark and white shumac root, each a hand-full; put them into boiling water; let it set in an earthen vessel, and make it your constant drink, blood-warm. This drink gives tone and vigor, and at the same time, the shumach acts lightly on the bowels. Comfrey root boiled in sweet milk, is also very excellent in this sort of diarrhœa; and where there was not much inflammation in *flux*, after the bowels had been emptied, I have given relief with it, in a very short time. If you suspect there to be ulcers formed in the bowels, a milk diet must be used, or something that will give no pain in passing over the ulcers. I have cured several cases of this kind; one was a Mr. Jones, who lived at the time, in Bledsoe county, Tennessee, who had been severely afflicted 15 years. I allowed him nothing but the most light and nourishing kind of diets. In such cases, I give the following preparation, after giving a very small portion of calomel at night, and if necessary, working it off in the morning:—take 20 grains of rhubarb, 10 of ipecac., 10 of gum myrrh, 5 of opium, and 5 of white vitriol; powder them finely together, make them into 30

pills, with a little honey, and give one every night and morning. If your bowels should become bound from the use of them, take a little oil occasionally; or if they do not check the flow of the bowels gradually, in 4 or 5 days, take a grain or two of calomel at night, omitting the *pills*, and working it off in the morning. Drink strong dogwood bark tea, constantly. In this way, you will astonish yourself in curing the most obstinate cases, of many years' standing. Sometimes in these old bowel complaints, you will feel great pain every time you have a passage thro' the bowels, down towards the lower part; which is a kind of *stricture* or tight place of the bowel, that has become contracted, or drawn up, so that this part is smaller than the rest of the gut.—When this is the case, the first part of your passages will commonly be dry and hard, and give much pain at the start; no matter how laxative the balance may be. When you have these symptoms, you must inject frequently with glysters made of fine flour, with a little new milk in them, or slippery elm, or flax-seed tea; sometimes I put the bulk of a partridge egg of gum myrrh into half a pint of water, steep it awhile, and add the same quantity of new milk, and glyster, with it two or three times a-day.

Under the treatment of children, you will find my course somewhat different with them in bowel complaints; particularly where the cause is from worms, teething, &c. The above course is designed principally for adults. Where this disease has been produced by drinking spirituous liquors, and the patient can be prevailed on, it must be abandoned; and if he will not abstain from spirits, or has to quit it gradually, take a large hand full (to each quart of liquor) of the wild-alum root, and the same of the wild cucumber bark (see *Materia Medica*), and of this take a common small dram, once or twice a-day.



## VENEREAL.

This term is derived from the word *Venus*, which means the *Goddess of Love*; and *venereal disease*, means, either *Clap* or *Pox*. And I will here remark, in plain language, that these are two *separate, radically and specifically distinct* diseases; neither of which can, in any possible shape, produce the other. Neither is there the least analogy in but few of their symptoms, or indications of cure. For the best remedies for one of those complaints, are *even* highly injurious in the other. I admit that both diseases may exist in the same person at once; not that they have the least dependency on each other for their origin or continuance; but that the system is susceptible of the specific contagion of both at the same time. I could mention two or three instances of the kind, which came under my own treatment; one in particular, of a gentleman of much truth and honesty, in whom I have the utmost confidence; who, while laboring under one of the *maladies*, had sexual intercourse with a woman, whom I knew to be afflicted with the other complaint, which in the ordinary length of time, made its appearance on him, and I cured him of both diseases.

I mention these circumstances, not for *curiosity*, but for the *sole* benefit of *poor miserable beings*, who have the *misfortune* to suffer with either of these *horrible curses*, which have no doubt been inflicted on some of them, to restrain their *licentious* and *illicit* passions! Many authors, on this subject, think that the two diseases have a *specific identity*, or in other words, that they are nothing more than different grades or forms of one infectious complaint. This opinion is well calculated to mislead the *sufferer* into an improper treatment of his complaint, and keep him lingering for months, or destroy his constitution forever. I will first treat of *Clap*, and show you the difference between the two complaints.

### CLAP—(*Gonorrhea*.)

This disease may be communicated by *sexual inter-*

course. Or if a woman be afflicted with it while pregnant, unless she be cured before the birth of the child, her offspring is sure to have it. And I have seen several children born with it, whose mothers had *even* been cured before delivery. These two are the only means by which this malady can be communicated. When taken by *sexual connexion*, it, in sound persons, who have never had it before, will not, in general, show itself sooner than from 5 or 6 to 9 days. I have never known it go over the 10th day after it was received, before it made its appearance. Persons who have frequently been afflicted with *Clap*, or who are of weak irritable habit, are apt to discover it on them about the third day, and it very seldom passes the fifth with them, without showing some signs. You hear talk of several weeks and months before this disease makes its appearance; this is *false*, or else a mistake. Your mode of life will make a difference in the length of time in its making its attack. If you are *intemperate*, it is apt to show itself sooner than if you are abstemious, after the reception of it.

*Symptoms.*—You first in most instances, feel a kind of slightly painful sensation, with an itching and twinging about half an inch up the water passage from the end of the *penis*. Many times, if not suspecting the complaint, you may think the end of a hair, or something of the kind is pestering you in that part. In the space of five or six hours after these symptoms are felt, you will discover a slight discharge of matter from the privates, nearly like the white of an egg, and shortly after, it becomes more copious, of a yellow color, with a hot scalding sensation in making water. In a few days, the soreness extends up the water passage (*urethra*) to the neck of the bladder, and the system is commonly thrown into a general feverish condition. In females the symptoms are much the same; but they can go much longer, and suffer less without a remedy, than a male; because the parts are larger, and the matter more freely discharged, before it becomes so *irritating*.

But she labors under this disadvantage: that the disease soon passes up, both the birth-place and water canal, and affects the womb and bladder both. Sometimes the testicles of the male swell and become very painful, and the *penis* inclines to great *erections*, thereby giving much pain, particularly of nights, after you are in bed. If you have frequently, or more than once been affected with the Clap, it not only shows itself sooner on you, but may attack the whole water passage at once, or perhaps up near the testicles the first place; and progresses much more rapidly, and soon becomes more violent than it does the first time you have it. After running on you awhile, the eyes become weak, and the little veins are all engorged with blood; the edges of the lids look swelled and hard; the hollow around the eye assumes a dark appearance, and the countenance has a *dull, dejected* and *sickly* aspect.

*Treatment.*—In the first place, if the person be full of blood, give a good dose of salts or cream of tartar in warm water, and take blood in proportion to strength and symptoms of fever. Take two spoon-fulls of balsam copaiva, (*solidified* if you can get it); one spoon-full of sweet spirits of nitre; the yellow of one egg, and a table spoon-full of loaf sugar (finely powdered); mix them all well together, and take a large teaspoon-full, the first thing you do in the morning after you rise; another at 12 o'clock, and a third just at going to bed. At the same time, have a strong decoction of milk-weed or silk-weed, and make a constant drink of it, so as to keep the bowels regularly open, but not to purge too much; if this does not keep the bowels moderately laxative, a little salts or cream of tartar must be taken once every day. But you must not purge too much; for that will carry the other medicine off thro' the bowels, without producing its proper effects on the *urinary* system. The quantity of the first composition may be increased after two or three days, to nearly double the amount at each dose, unless it acts too much on the bowels, or gives much pain in the testicles or bladder, which an

over-portion will sometimes do,<sup>7</sup> feeling somewhat like a *cramp*, or colic. This must be guarded against; for you may injure yourself seriously by taking too heavy doses in this complaint. The fore-skin of the *penis* must be cleanly washed in cool water, 3 or 4, or half-a-dozen times a-day, drawn back over the head, and tied with a strip of fine linen of any kind. This prevents the matter which is discharged, from lying under the fore-skin (prepuce), and being *resorbed*, or in other words, taken up again into the *penis*. This course must be pursued thro' the night, having a bowl of water by you. If the weather is cold, you must always use warm water instead of cold: and if the parts become painful from erections, they must frequently be bathed in warm water, both night and day. This course must be strictly attended to when you have what is called Chordee; which is nothing more than powerful erections of the *penis*, with painful drawings, or *corded* feelings along the underside. After the inflammatory symptoms have subsided a little, you may take 20 or 30 drops of laudanum at bed-time, if you are much pained, or rest badly, or a table spoon-full of Bateman's drops, or, I sometimes give 20 drops of laudanum, and double that of tincture of camphor, in a little warm tea of any kind. This produces mild sweating, and equalizes the system. In some persons, the balsam, or almost any thing you take that is serviceable, will pass off by purging, (because the bowels soon become weak, and very irritable.) Where this is the case, I frequently, at night, give opium, in some shape or other. If the fever continues, and the patient is full of blood, I sometimes bleed for the first two or three days, every day in succession. The patient must make use of water-melon seed tea, or flax-seed tea for his constant drink, and must not take exercise enough in any way, to heat his blood. Neither must he ride on horse-back, nor any other way, if he can avoid it; because it irritates the very parts most affected, and aggravates the disease. Very moderate exercise is proper, just walking about the house, &c.



Several other preparations may be used, which will cure the complaint in some, directly; for you must recollect that the same medicines have not the same effects on all persons; particularly in *Clap*, I have seen one preparation very ineffectual in one, when it would cure another, in the worst stage, almost *instantly*. I have cured many cases very easily, with about a pound of white shumac root, one pound of black-berry brier root, one of milk-weed root, and one pound of the inside bark of pine, all boiled in two gallons of water, down to one gallon, and a tumbler full taken three or four times a-day, together with a small dose of salts, occasionally. I have also cured many a case with a strong decoction of equal parts of may-apple root, white shumac root, devil's shoe-string, and white oak bark, by making it a constant drink. And I have been very successful with equal parts of devil's shoe-string, sycamore buds or chips, silk-weed, or as it is sometimes called, Indian hemp, and white shumac, in strong decoction, and from one to two quarts drank every 24 hours. All these remedies must be pursued for 3, 4, 5 or 10 days, closely; and even with all these remedies, I find it necessary to use a little salts or cream of tartar, occasionally. Another remedy, which I have not seen in any book, that I learnt from an intelligent Irish gentleman: Take 4 ounces of each, cream of tartar and fine powdered sulphur, and 2 ounces of saltpetre, all finely pulverized together, and well mixt into a quart of molasses or honey, and take a table spoon-full (after stirring it up) morning, noon and night, making a constant drink, of flax-seed tea. I have seen a few instances in which all the above-mentioned preparations of roots could be used with success, in gin, or other spirits. But I must confess that I have but little faith in the cure of gonorrhea, with any medicine, in which spirituous liquors have any concern. And altho' under some circumstances, necessity has caused me to admit the use of spirits in the cure, yet I always believed that relief would have been more prompt and safe without it, unless it

was what is called *Gleet*, hereafter spoken of. But after all, I believe that the balsam copaiva comes nearer being a *specific*, if properly managed, in this disease, than any other medicine now known to *medical sciences*. It may be taken with safety the very instant you have emptied the stomach and bowels with a purge; and may be employed either alone, in its natural state, or *solidified*, in combination with other remedies. If you take it alone, in its natural state, you must first begin with 20 drops 3 times a day dropt on sugar, every day, increasing the dose a few drops every day, so that within 3 or 4 days, you raise it to from 35 to 50 drops. I have never found more than that quantity necessary in any case, at a dose, because an over-portion always hurries it thro' the bowels, without giving it time to have its full influence on the diseased organs. And in fact, if administered alone, it is almost sure to pass off in this way, which may be remedied by taking a little laudanum occasionally. The balsam may be prepared for use, by mixing it with a little powdered loaf sugar, and the yellow of an egg; and after the inflammatory symptoms have abated, a little saltpetre may be finely powdered, and added; but nitre must not be given in the first stage of *Clap*; if it is, it must be used very sparingly indeed. I must here impress it on your mind, that a speedy and safe cure depends greatly on a regular use of the medicine, and perseverance with it. And there is more trouble in confining a patient to a regular and proper course in *venereal* than any other disease. In the first place, he is much alarmed for fear it will be discovered on him, and to avoid suspicion, will eat, drink, ride and engage in other things that prevent the medicine from producing its efficacy, or aggravate the complaint; and secondly, he is in a great hurry to get well; and consequently, very credulous in believing that every thing he hears of is better than the remedies he is then using. Thus circumstanced, he is ready to change the best remedy for the most trifling *nostrum* that can be suggested. And in fact, the curiosity of the *meddlesome*

is so highly excited on the subject of this disease, and they are so anxious to be thought *cunning* in getting into the *secret*, and *wise* in the cure, that they would almost sacrifice the life of the patient to have it said but *for one day*, that they “know something about such matters.” But when you are the unfortunate *sufferer*, pursue your course *firmly* till you give the medicine you are using a fair trial; and if you mend but *slowly*, rest assured that the course you are in, will bring the disease to a close. But after you have tried a remedy fairly for a week, and you are no better, there is certain ground for thinking there is something better—then change your medicines. I have many times cured the complaint in from three to five days, when others would continue for two or three weeks. The *clap root* in decoction with cubebs and juniper berries, will cure this disease. But I have mostly used the *clap root* in strong decoction, with may-apple root and white shumac root, which with some persons is a very certain remedy. The spruce-pine bark and red-elm bark are very good in decoction. It is a very common and dangerous practice, to commence in the first stage, with astringent injections. They must not be used in any case, till the matter which is discharged becomes scant, and of a thick appearance—then you may take a bit of white vitriol, or blue vitriol, which you call blue-stone, dissolve it in water, and let it be so very weak that you can *barely* taste it in the water, and inject the water while blood-warm, up the water-passage, 5 or 6 times every 24 hours, with a little pewter squirt, or what is called by medical men, a syringe. Sugar of lead, dissolved, and used in like manner, is equally good. If you have nothing better, a little warm new milk and water will be of service; or a little weak allum water. But all injections must be weak; because strong fluids thrown up the privates will give pain, irritate and increase the inflammation. And they are the cause of almost all *strictures* in the water passage, and of ulcers and chronic inflammation of the bladder and kidneys. I had almost forgotten to

tell you that *sexual intercourse* must not even be thought of, during your affliction with *venereal*. If heart-burn should trouble the patient, which is very common in this malady, a little magnesia or prepared chalk will give relief; or a drink of thick tea of slippery-elm bark, or the buds of lynn, chewed. If you have nothing else, a teaspoon-full of gunpowder will often give *perfect* relief. In the treatment of females, the same course is to be pursued, that I have laid down, only they must frequently wash and bathe their privates in warm water, and have a little swab, made of lint, fine cloths, or cotton, and swab out the birth-place every time they bathe; or it may be done with cloths wrapt around the finger. And from the very commencement of the complaint, it will be right for them to throw up a little warm milk and water, several times thro' the day; this will relax the parts, and produce secretion; and by these means, the scalding is not near so bad in making water. Some physicians have recommended the injection of balsam copaiva; but this is very improper in any instance; for I have seen it tried in all stages, and in many preparations, and there is something remarkably strange in the efficacy of this medicine; for it seems to be suited to the complaint in no other way than taken by the mouth. In this way it certainly undergoes a chymical change which rids it of some of its irritating properties before it reaches the *genital* and *urinary* organs, which leaves its almost *specific virtues alone*, to act on those parts. Sometimes bleeding takes place from the *penis*, which to persons unacquainted with it, is very alarming; but you need not be the least frightened; it is nothing more than a ruptured vein that has been oppressed with blood, and is not dangerous, but *even* beneficial in lessening the inflammation, and will stop in a short time of itself; but if it does not, you can stop it very easily, by lying quietly, and pressing on the water canal gently with the finger. In very obstinate cases of gonorrhea, particularly in patients who were not of irritable *temperament*, I have effected the cure very speedily, by



adding equal parts of British oil and balsam together, and giving a teaspoon-full three times a-day, dropt on sugar. Also, by half the quantity of spirits of turpentine mixt with the balsam, given in like manner. The balsam of fir may be used in the same way with the balsam, very successfully. In these old cases, the whole parts concerned in the disease become *torpid*, and these last mentioned compositions stimulate them into a healthy action. At the same time, I give a decoction of Culver's root, once in awhile, so as to keep the bowels moderately open. And if I ever use calomel, it is in a case of this kind; not because I believe it has the least efficacy directly on the complaint; but because the whole system becomes indolent, and may require a general action excited on it. I will here relate a case of *Clap*, in order to prove that it never will produce the *pox*, no matter how long it runs.

In the year 1810, I was *intimately* acquainted with every circumstance of an ignorant, singular kind of a bachelor, who had gotten the *clap*, and kept it a secret from most people, and took such articles and measures as suppressed the disease in some degree. I knew him for several years, and it still continued on him; and in the year 1827, he came to me, and told me that he never had been cured; and he still had nothing but the *clap*, tho' he was then almost a frightful *skeleton*. I gave relief; but it was a very troublesome case, *indeed*. These facts I can well attest; for we both lived about the same house for a considerable time, when he first had it; and he was a man of so much veracity, that I as much believed what he told me, as if I had witnessed the whole scene. He had lived a very secluded life, partly in a state of starvation. I changed his diets for something more nourishing and invigorating, and gave him several of the above preparations.

In gonorrhea, sometimes the discharge is too suddenly stopt, and then the *testicles* swell, and the strings contract and become very painful. In such cases, you must lie quiet, and apply cloths wrung out of hot vine-

gar, or water; or you may sit over the steam of them frequently. This, together with a light purge or two, will give relief.

*Gleet.*—This is nothing more than an obstinate form of Gonorrhea, in the last stage, and is mostly caused by a debilitated condition of the kidneys and bladder, or by ulcers, and what is called *strictures* in the *urethra*, and neck of the bladder. In gleet, you seldom feel any pain in making water, unless sometimes after riding, or drinking spirits, &c., there is a kind of heat and unpleasant sensation: but this is most apt to be felt just as the last urine flows from you, and for a moment after; and sometimes just as the water first begins to pass. If a *stricture* is the cause, the stream of water will be smaller than ordinary; particularly when it first begins to run, and will come with much less force, and the stream very often have a twisted appearance. For several hours, or perhaps days, there will be nothing discharged, and a whitish *gluey*, or perhaps a greenish matter will pass, or stop at the mouth of the penis. Of a morning, there will be a slight show of this matter. In case of gleet, do not get alarmed, and be taking every kind of medicine at once; but persevere even for weeks or months in taking small portions of the balsam every day, and drink a strong tea made of white shumac root and dogwood bark; and make a very weak *solution* of sugar of lead, or white or blue vitriol, strain it, and add about 20 drops of laudanum or tincture of myrrh to each pint, and inject with it up the *urethra*, 4 or 5 times a day. This course is certain to cure, if you persist in it regularly. The *uva ursi* of the shops, pulverized, and a teaspoon-full taken 2 or 3 times a day, is good; or it may be used in decoction. And the Haarlem oil, or medicamentum, in small doses every day, is very serviceable; if continued for some days, or weeks if necessary.

*Diets*, in the first stage of *clap*, must in all cases be light and sparing: with persons of full and irritable habit, milk and water, equal parts, with corn bread, is

sufficeent, or a very weak cup of coffee, rice, gruel, &c. Neither salt nor grease of any sort must be eaten in any food. Persons of weaker and less irritable constitution may sometimes indulge in richer food; and in advanced stages, the system sometimes becomes worn down with the use of medicines and abstinence; then it is necessary to change the diets for something more nutritious; and in fact a change of remedies in such conditions, is often very proper. Other medical men recommend tartar, ipecac., calomel, salts, oil, corrosive sublimate, lunar caustic, tincture of spanish flies, spirits of turpentine, "blue pill," dover's powders, antimonial wine, &c. &c.

*Prevention*.—The moment you have had *connexion* with a suspicious person, wash the whole privates with *alcohol*, which is spirits of wine, or with strong french brandy, or liquid camphor, and make water as soon as possible, after it, which you will always be able to do, from the stimulus produced on the parts by the spirits. This stimulus throws the vessels of the privates into action, and enables them to throw off or *excrete* the poisonous or contagious matter which has been absorbed from the diseased person during the act of copulation. Hence you may see that an operation of this kind, some time afterwards, will not prevent or remove the contagious matter.

The southern Indians, and several respectable white men, have told me that the copious and constant use of the *Indian hemp* or silk-weed, alone, in strong decoction, is an effectual remedy in all stages of this complaint.

---

### POX—(*Syphilis*.)

This disease has two forms. First, *local*, and secondly, *constitutional*. When it is first received by cohabitation, it is for awhile located in, and confined to the *privates* and *genital* organs. But after awhile, it affects the whole system, and deranges the constitution; hence it is called the *second*, or *constitutional form*. It is very readily communicated by sexual connexion, or from either the father or mother to the offspring; and

also from the mother or nurse, who gives suck to the child; and we have it from very respectable authority, that it may be taken by kissing, drinking, &c. with those who are infected with it; and even by applying the virus or infectious matter to any cut, or excoriated part of the human system. As to gonorrhea, I had forgotten to tell you that a child will *not* take it by sucking any person's milk who has the disease. The child may dwindle and become puny, because the milk is *impure* and *unnutritious*; but it will not receive the disease, as it will in pox. The pox differs very greatly from *clap* in the length of time at which it makes its appearance, from the time of its reception. You will frequently discover it within 8 or 10 days, and seldom under, unless it is in a very aggravated state indeed, on the person from whom it is taken. Sometimes it will be two or three weeks, and even months, before it breaks out.

*Symptoms.*—This complaint varies perhaps as much as any other, in first making its appearance. In general, an itching about the head of the *penis*, sometimes the top, sometimes on the underside, or round the mouth of the penis of men, and on the inside of the lips of the *privates* of females; little pimples soon rise, and fill on the top with a whitish or yellowish looking matter; after awhile, drying and shrinking away, leaving the top of the pimple in a basin-like form. These sores sometimes after a long continuance, gradually disappear, and others are breaking out at the same time. Sometimes the first sores continue to enlarge as a kind of *eating* (corroding) ulcer, with hard looking edges around the mouth, and discharging a thin, unhealthy matter. These sores make their appearance all over the *privates* after awhile, in some instances, and on the insides of the thighs, about the mouth, eyes, nose, neck and breasts of women, especially about the nipples, and in the arm-pits. When this disease has affected the whole system, it will occasionally show itself on any part, and in a variety of shapes. Large lumps (tumors) will



rise in the glands of the groins, under the arms, about the neck, &c., and become as large as a hen-egg, or larger; grow very hard and sore, then break, and discharge mostly a thin, briny looking matter, called *ichor*, tho' at times they may discharge a more thick and healthy looking substance. In the last stages, this dreadful malady attacks the bones, particularly those of the nose, face and legs: The shin bones will be filled with hard knots, called *nodes*, from the size of a hazelnut, to that of a hickory-nut; very similar to the lumps on the legs of a splinted horse. The whole of the nose and palate-bones are frequently eaten out, and you see the nose flattened down almost to the upper-lip, with great disfiguration both of the face and speech. When it has been communicated from parents to children, the child sometimes comes into the world full of sores; and sometimes *skinned* and *raw* nearly all over. Others are born very puny and ill-looking; but the disease does not break out for several days, weeks or months, and then shows itself. And I have seen some children born with this complaint, that looked tolerably healthy for a year or two, and then exhibited signs of the *parental taint*.

*Treatment*.—*Diets* and drinks in this disease; must be the first thing attended to; for without strict attention to the use of the lightest kinds of food, and an entire abstinence from spirituous liquors, together with rest and quietude, you cannot be cured.

When you first perceive the little pimples or sores on the *privates*, called in technical language, chancres, (pronounced shankers,) take a good purge of any kind, so as to empty the stomach and bowels; then dissolve a little white or blue vitriol in water, and wash the sores with it three or four times a-day. If the sores are running, it will be necessary to wash them with weak soap suds, previous to the use of the vitriol *solution*. This wash is to be used till they disappear, which will not be long, when taken in the first stage; but if they have become large and obstinate, it will take

a considerable time to heal them; and they must be dressed with a little mild salve of any kind, which should be laid on after using the wash. A little fresh butter, with heart-leaves and common turpentine, stewed together, makes a very good salve; and if necessary to make it somewhat harder in warm weather, a little beeswax may be added to the salve. Instead of the vitriol, I sometimes find that a small portion of *red precipitate* sprinkled on the ulcers once or twice a-day, answers best, particularly where the ulcers are very angry, and hard to heal. I have in some instances used the *lunar caustic*, where the sores were dry and hard, but the *vegetable caustic*, or what is called "*wet fire*," is far preferable. Make a weak solution of it, and wash the sores with it once every day or two, and it excites a lively action in indolent ulcers of this kind, and makes them discharge their *poisonous* matter. If these sores disappear readily with the remedies and a light course of diets, there needs but little more than a dose of calomel occasionally to be taken, together with the constant use of a strong decoction of sarsaparilla, Culver's or black-root, burdoc root and sassafras root, equal parts. A tumbler-full of this decoction must be taken morning, noon and night, regularly, for two or three weeks, even after the symptoms have all disappeared. The Indian hemp, or silk-weed, is also said to be good in *poa* as well as in *clap*, and from its general action on the system, I have no doubt of its good effects. It must be drank daily, in decoction. When the disease continues for some weeks without much alteration, you may suspect the system in *general* to be *contaminated* with it; or if it should be several weeks or months after the reception before it appears, you may rest assured that it is pretty well diffused thro' the system. Where this is the case, do not be scared when I tell you that mercury must be used. You are also to use the drink I have pointed out, in the manner prescribed; and in place of calomel, or any other preparation, get some *honest* and *careful* apothecary or doctor, to weigh you out two

grains of corrosive sublimate; dissolve this in 32 table spoon-fulls of sarsaparilla tea; put it into a bottle, and after a day or two, shaking it frequently, when it is fully dissolved, take a table spoon-full every night and morning while it lasts—still pursuing the most rigid course as to diets and exercise, using no drinks of any sort, colder than your blood. And if you are not well at the end of the sixteen days which you will consume in the use of medicine, repeat the same course, except that you may take three spoon-fulls instead of two a-day. Because you are told that this is the strongest preparation of *mercury*, do not be the least frightened; if you use it as I tell you, it will not hurt you; but you will be surprised at your *convalescence*, or speedy recovery. It is not half so dangerous as calomel; neither do you feel that debility and derangement in the use of it. The corrosive sublimate will neither purge nor salivate; nor does it destroy the tone of the stomach like calomel; but it operates on the *general* system, by purging the contagious matter (*virus*) out through the pores. In this way the disease is imperceptibly thrown off. I have cured a numerous *host* of this malady, in all stages; and do most solemnly avow, that I never have, under any circumstances, salivated any person! And I am fully satisfied that *salivation* is an improper measure, under any circumstances. And as for this being a dangerous remedy, because it is strong, you must recollect that this is a *strong* complaint, and must be met on its own *grounds*; and remember also, that the most particular care must be taken in this disease, in the use of all remedies. Then you have nothing to do but treat yourself properly, and the means I here lay down will give you relief without impairing your constitution in the least. How much better is it to pursue the proper course at first, and free yourself of this *dreadful* complaint with a sound constitution, even if you should use strong remedies, than to be lingering for months or years, on a sort of half way treatment, and at last destroy your constitution forever! This way of managing

*pox* is no uncommon thing. And why? All for fear of *strong* medicine: Yes; and at last, with all their fears and precautions, *salivate* themselves to death!! Then let me entreat you again, to pursue with *rigor*, the course that I here point out, regardless of all prejudices against corrosive sublimate; for my *practical* observations have sufficiently proved to me, the certainty & safety of the use of corrosive sublimate. If lumps rise in the groins, under the arms, &c. which are technically called *buboes*, as soon as they appear, apply poultices of mush, made very strong with *lye*, or soft soap, or lime-water, or pearlash. These applications soften the glands and scatter the tumor. Sometimes poultices of strong vinegar and lard will answer. At the same time, it is generally necessary to give a dose or two of calomel, and if requisite work it off with cream of tartar, salts, &c.; for when these buboes appear, the system is sure to be in a febrile condition. If you cannot scatter (discuss) these tumors, and they will come to a head, they must be treated similar to other tumors, or healings, as we vulgarly call them. These buboes have more the appearance of *biles* than any other risings, except when they break, they do not discharge such quantities of thick pussy matter. Any kind of softening poultices, flour and milk, &c., may be applied to them after they have broken; and after the inflammation is pretty well out of them, any kind of healing salve may be used on them daily, after washing them cleanly with weak soap suds, or with milk and water. If they become very indolent, and discharge an *ichorous*, or in other words a thin, unhealthy matter, the vegetable caustic must be dissolved and *squirted* or injected into them, every three or four days. This will bring it to what is called a *healthy suppuration*, meaning a proper discharge of matter. When this disease has advanced to what is called the *true constitutional form*, and begins to affect the nose, eyes, bones of the legs, &c., I take *Sarsaparilla* one pound; *Burdock root* one pound; *Puccoon root* half pound; *Indian turnip* a quarter of a pound; put



them into two gallons of water; boil it down to one; take the roots out while hot, strain it off, put it into a vessel with a quart of honey—of this syrup, three wine glass-fulls a-day must be drank; or you may take the same proportions of the articles in any quantity you please, and make a strong decoction, and drink it daily. I also make the same preparation of corrosive sublimate as first directed, and give it all this time, in like manner; sometimes I add two teaspoon-fulls of *nitric acid* (which is aqua fortis) to the decoction and honey; at the same time, I keep the bowels regular with a little cream of tartar, oil, senna tea, rhubarb, or any thing that is very mild and innocent. The warm-bath once or twice a week, must be used in these *constitutional* cases; and for pains at night, laudanum in reasonable portions, a flesh brush used on the pained part frequently, and flannel worn next the skin; and just as much exercise as the system will bear without fatigue. And if the patient be greatly emaciated, light but nutritious and digestible diets must be eaten. If the patient by any means has fallen into extreme debility, I omit the use of the corrosive sublimate, and use the syrup alone; and if a tonic is required, I add yellow poplar root bark, and wild cherry bark, of each a pound, to the syrup, decoction. This will often make a perfect cure in such cases; but if it should not, after a trial of five or six weeks, I resume the use of the corrosive sublimate. You must not suppose that the same precise quantity of these remedies will suit every patient. No; you must give less or more, according to its influence; if any of it produces sickness at the stomach, lessen the dose; also, if any of the medicine should act too much on the bowels, or throw the system into a fever. On the other hand, if the patient be stout, perhaps more at a time than I have prescribed will be necessary. Thus you must remember that it is impossible for a physician to tell you the exact quantity to give in all cases.

*Phymosis*.—This is when the fore-skin draws over the head of the penis, and becomes highly inflamed; this

may take place in clap; or in children, from other causes. Warm poultices of milk and flour, slippery-elm, flaxseed; marsh mallow, big smart weed, or if you have nothing better, a poultice with lard in it, applied after washing the *penis*, or bathing it in warm soap suds, will answer; this should be done two or three times every day, till the inflammation is subsided. And if matter collects under the skin, which it is apt to do, you must squirt in weak soap suds, so as to wash or cleanse it out. If it heals in a contracted state over the head, and cannot be drawn back, take a sharp knife and cut a short slit at the end of the fore-skin; this will enlarge it, so as to draw it back over the head of the yard; and may be done by any body who is not afraid. Sometimes the skin is drawn back behind the head of the *penis*; this is called *Peraphymosis*, and requires the same kind of poultices that the foregoing does; and if it will not pass over the head after the inflammation has left it, it may be cut in the manner I have directed in *Phymosis*. Sometimes the *syphilis* in its chronic stages, particularly where much calomel and salivation has been resorted to, assumes every appearance of rheumatism; in such cases, take a hand-full of sarsaparilla, a hand-full of prickley ash root bark, an ounce of puccoon root, and a table spoon-full of jimson seeds, bruise them altogether; put them into a quart of good whiskey or gin, and take a dram twice or three times a day. This will cure almost any case of the kind, if persevered in a few weeks or months. Sometimes I add a little seneka snake root or poke root to the composition. The *common course* of treatment in syphilis all over the world, is by salivation; and it is wonderful that most authors will write on this important subject, till they *tire* you down, in the abuse of (as they say) the *improper* use of *Mercury*; and at last tell you that *salivation* must be brought on in the cure of Pox! *Salivation* in any degree, is just precisely what I call *improper use* of *Mercury*; because if you *even* cure the *Pox* with calomel, there is not the least need of saliva-

tion in any case; for the calomel will expel the disease much better without salivating, than with it. 'This I well know from experience with it in the complaint; for before I learnt the present mode of curing it, in my first practice, I used calomel in *pox* in all stages, and found that calomel had a much more prompt and salutary effect in eradicating the disease, by giving it in small portions for a few days together, and working it off before it affected the mouth, than by bringing on *salivation*; because in the first mode of employing it, a *general* and proper action was excited on the system: whereas, by *salivation*, its action was mostly confined to the glands connected with the mouth without that necessary universal excitement of the system. Hence, admitting that all the poison of the disease should be discharged thro' the *salivary glands*, and that the *medicine* of itself had no bad influence on *them*; the great abundance of poisonous matter would be sufficient alone to destroy those parts.

---

### PLEURA & DIAPHRAGM, *Chronic Inflammation of.*

This is a complaint which is very common, and yet I do not mind having seen it particularly treated of, by any author. It is often mistaken for Liver-complaint, or Dyspepsia.

*Symptoms.*—General weakness at times; uneasiness about the breast; pain and weakness along under the ends of the ribs; head-ache, and heat about the eyes; feet mostly too cold or too hot; bowels mostly costive, but sometimes too laxative for a day or two; unsound sleep, and restless nights; very often a weak, painful kind of sickness at the stomach; difficulty of breathing at times, and easy to take slight colds; a sort of heat about the stomach, somewhat different from heart-burn; pains running up into the shoulders at times.

*Treatment.*—In this complaint, a medicine which will give tone and vigor, and subdue inflammation both at once, is necessary. For this purpose, take equal parts of cream of tartar, and finely powdered sulphur; mix them well together, and take just as much every

night and morning, as will keep up about one passage a-day on the bowels; perhaps a teaspoon-full at a time will be sufficient; but of this the *sufferer* will be the best judge. Take a pound of butter-fly root, and a pound of slippery-elm bark, or any quantity, equal parts of each; put them into hot water; let them stand, and make a common drink of this infusion. Sometimes I add a small portion of saltpetre to the sulphur and cream of tartar; say not more than a fourth part the quantity of it, that there is of either of the others. If the patient appears bilious, I once in awhile give a small walnut pill, or a little Culver's root, or a little rhubarb and aloes; but never use calomel nor salts in this disease; they always make you weaker.

*Diets* must be light, regular and nourishing, and all your habits very regular; taking just what exercise you feel well under, and no more. Flannel must be worn next the skin.

---

### PILES—(*Hæmorrhoids*.)

This complaint follows families, or is what is called *hereditary*; and all ages and sexes are liable to it.—There are two forms of this disease: what is called *Bloody*, and *Blind Piles*. When bleeding takes place in any way, it is called *bloody*, and when no blood is ever discharged, it is called the *blind piles*. The disease is sometimes seated at the lower part of the bowels, or at the fundament, and around the edges of it; sometimes in lumps, or *tumors* as they are *technically* called, from the size of a pea, to that of a hickory-nut, or larger, which sometimes break and bleed copiously; at other times they break and discharge matter, or *puss* as we call it. In some cases, the lower end of the gut *protrudes*, which means to come down, the length of two or three inches, every time the *sufferer* goes to stool, and looks very *raw* and tender; sometimes bleeds considerably—this last case mostly occurs in children. Sometimes the complaint is seated several inches up the fundament (rectum), and may either be in little



lumps, or in a raw, ulcerated condition; or may be in what is called a *scirrhus* (pronounced skurrus) state, which means a dry, hardened, *cancerous* condition.

*Treatment.*—When the patient is fat and full of blood, and thrown into a fever, blood must be taken once or twice, and a little cream of tartar or *good* castor oil given, or any mild purge, just enough to open the bowels *mildly*; for you must always bear in mind, that heavy purges must never be used in any stage of *piles*. The parts must frequently be bathed in cold water, when it is the *lumpy* kind of piles. If the lumps or tumors are very much inflamed and painful, cloths or cotton must be wet in water or vinegar, in which sugar of lead has been dissolved, and applied to the part.—Where this does not give relief, altho' it is an opposite course, yet in some persons, sitting over warm steam, will give ease, and soften the *tumors*. Sometimes I have given great relief by wetting cotton or lint in laudanum, and applying it frequently to the tumors. If they break and discharge matter, poultices of flour and slippery-elm, or flax-seed must be applied; or light bread and milk, or the marsh mallow roots, or comfrey roots, or any other softening (emollient) poultices may be used. During this time, the best medicine for keeping the bowels gently open, is cream of tartar and finely powdered sulphur, in equal parts. If the end of the gut comes out, it must be washed in warm milk and water, and if much inflamed, a little sugar of lead, alum and saltpetre, equal parts, may be dissolved in water, so as to make it very weak indeed, and wet a bit of cotton in it, and squeeze it on the protruded bowel, and then put up the gut with your finger, every time it comes down. Either of the three mentioned articles, alone, used in this manner, will answer. Sometimes washing the part with warm milk and water, every time, and pushing up the gut and being quiet, will make the cure. Where the gut is not much inflamed, but *merely* in a debilitated state, I pulverize rosin as fine as dust, and every time it comes down, sprinkle it all

over it, and put it up, which will in many cases, cure. But if the gut is so weak that it will not stay up, *astringents* may be used. It may be washed in strong oak-bark ooze every time, and when you put it up, wet a bit of finely carded cotton or lint, and shove up after the gut, and let it stay a few hours; sometimes I mix a few drops of laudanum with the ooze, if the part is very painful. A hand-full of jimson seeds boiled down till the water is almost thick, and lint or cotton wet frequently and put up the fundament, is almost a certain cure in this case; or you may stew them in fresh butter, squeeze them out through a cloth, and annoint, or dip lint into it, and introduce it up the rectum, in the same manner. For the *scirrhus* kind, when they are some distance up the rectum, I put a hand-full of jimson seeds and a bit of opium as large as the end of my finger, into 6 or 8 ounces of fresh butter, and stew them down till very strong; then strain it thro' a cloth, and several times a-day wet lint in it, and put the lint up the fundament, and let it stay some time. This ointment will give relief, and *even* cure almost any case of piles. If the patient be weakly, any strengthening remedies may be used—for children, the *black tonic* medicine is the best.

*Diets* must be such as best agree with the *afflicted*, and moderate exercise is generally salutary. Where children cannot be kept from running about, every time you dress the bowel, and put it up, wet the lint and shove it up after it, and draw a strap of linen up between the legs, and fasten one end behind and the other before, to a belt put around the waist for that purpose. This will keep the lint in, and the gut up. Brier root in strong decoction, and put up the fundament with lint, is very good; and so is a decoction of allum root. Molasses, eel's oil and laudanum, well mixt together, makes a valuable ointment for piles. Tincture of *catechu*, gum myrrh and laudanum, equal parts, will sometimes cure when nothing else will,

GRAVEL—(*Lithiathis*.)

The term lithiathis comprehends every kind of gravel and stone, as it is commonly called. Almost all stones in the bladder originate from what we call gravels of the kidneys; for these little gravels are first found in the hollow or cavity of the kidneys, and pass down out of them thro' the little vessels called ureters, into the bladder, (see kidneys and ureters, page 19) and if they are not passed off through the water passage, they lie in the bladder, and accumulate more matter; and in a short time, grow larger, so as to become what we call stones of the bladder. All persons are liable to this alarming and *indescribably painful* malady; but from about 35 to 45, it is apt to be the worst. A fit of it while the gravels, or *calculi* as the gravels are technically called, are passing thro' the ureters, is apt to produce death; but a *mere* fit of *stone* in the bladder seldom kills, till the patient is worn out with *it* and *its* consequent infirmities.

*Symptoms of Gravel.*—Sudden and almost insupportable pain in the kidneys, extending thro' the belly, which will sometimes be mistaken for bilious colic, by persons unacquainted with it; but you directly want to make water; frequently passing a little at a time, with the most agonizing pain. Sometimes blood is passed in drops from the water passage; most violent sickness and efforts to vomit, with wind thrown from the stomach, is very common; chills; head-ache; cold feet and hands; distorted features; wild and distressing look! If the gravel cannot make its way thro' the ureter, in 8 or 10 days the patient is apt to sink under it, and sometimes in a much shorter period. The *testicle* on the side afflicted (for the gravel, or *calculus* as it is called, seldom affects but one side at a time) draws up to the belly, with excruciating pain. A dreadful weight seems to settle on the heart and lungs, as if you would lose your breath! and a deadness often pervades the whole system. In the *stone* of the bladder, the *symptoms* are not so *acute*, but more of a dull, heavy kind,

only in passing urine; this is extremely painful, and nearly similar to the first described. You feel more weight in the loins and about the bladder, and numbness down the insides of the thighs; and when the stone is lodged in the neck of the bladder, it fully obstructs the passage of water, with great pain; and you feel it very plainly, sometimes like a stone, and sometimes rough and painful, like a cuckold-burr was wedged in the mouth of the bladder.

*Treatment.*—When you feel a *fit* of gravel, if you are fleshy and full of blood, copious bleeding is necessary; then take 15 drops of *medicamentum*, with a large teaspoon-full of laudanum; and if you do not feel easier from their effects in one hour, take as much more laudanum. They must be taken in some kind of warm sweating tea, such as pennyroyal, horse-mint, &c., and use warm glysters instantly, of sweet milk and water, with a teaspoon-full of laudanum or a tablespoon-full of Bateman's drops to each pint. Get into the steam-bath as quick as possible; if you cannot do this, the warm-bath, or sitting over a tub of hot water, in some cases, I have found better than either; or over a chamber-pot, every time you feel like making water, gives great relief. After the pain abates, the bowels must be opened with a little cream of tartar, oil, or something of a very gentle nature; but do not give salts, and other heavy purges, by any means; and if the sickness at the stomach is very great, I depend very much on opening the bowels by glysters of flour-gruel, and a little lard or oil, or a little castel soap-suds may be added. If these remedies do not seem to produce a general action in relaxing and equalizing the system, I sometimes give a common dose of calomel, with 40 or 50 drops of laudanum, which many times gives astonishing relief; after 4 or 5 hours, I work it off with oil, or some gentle purge. This course of treatment will in most cases, relax the system, so as to enable the gravel to pass into the bladder. During a *fit* of this kind, horse-mint tea is very valuable for constant drink; so is water-melon



and punkin-seed tea; flax-seed tea, and a tea of the greenrush are also very good; and the big smart weed and marsh mallow teas are excellent. After the stone is in the bladder, I take a piece of the vegetable caustic, about the size of the end of the finger, dissolve it in a quart of water, or just enough in any quantity of water to give it a slippery sweetish taste, and add two spoon-fulls of tincture of camphor, and give a spoon-full three times a-day. This is very good, and will often expel the stone. Take one ounce of sweet spirits of nitre, one of tincture of camphor, and one bottle of "medicamentum;" mix them well together; take a teaspoon-full morning, noon and night; this is amongst the best remedies I know of. Sometimes I give more or less, according to age and strength; shaking it every time it is taken. Egg-shells burnt and finely powdered, and a little saltpetre mixt with them, taken every day, is very good. Lime-water, drank daily, say half a pint or a pint, of common strength, will sometimes expel the stone. Take spirits of turpentine, tincture of camphor, and laudanum, two spoon-fulls each; mix them well, and take a teaspoon-full three times a-day, or more if necessary; this composition will sometimes cure when nothing else will. The queen-of-the-meadow-root, in strong decoction, drank daily, is said to be very excellent; and some say a dissolver of the stone. The *uva ursi* powdered finely, and a table spoon-full taken 3 times a-day, will sometimes discharge the stone; or it may be used with equal benefit in strong decoction.— But I must confess, that I have seen more benefit derived from the laudanum in large doses, the medicamentum and sweet spirits of nitre, than any thing else; and occasionally opening the bowels with glysters and cream of tartar, and a little calomel, once in a while. Without opium in some shape, you hardly need practice in this complaint; it not only allays spasms, but equalizes the circulation, and gives the power, many times, of expelling the stone, when nothing else will. Magnesia, about an ounce, with a bit of the vegetable caustic,

about as large as a hazle-nut, dissolved together in a quart of water, two or three spoon-fulls of tincture of camphory, and two spoon-fulls taken at a time, three times a-day, will expel almost any stone. Do not be afraid of this caustic, because it is called "*uet-fire*;" you may make it very weak if you choose; I have used it in a vast number of cases of gravel, with the most happy effects. A tea of carrots and parsnips is good in this complaint, at any time; peach tree bark and leaves, in decoction, is said to be good.

*Diets* should be of a kind that are easily digested, and not highly seasoned; good *pure water* is the best drink. Hard exercise, over-heats and colds must be avoided on all occasions; and clothing always changed to suit the seasons.

— —

### GOUT—(*Arthritis, or Podagra.*)

This complaint is very similar to Rheumatism, only it is mostly found in the small joints, hands, fingers, feet and toes; and sometimes in the stomach, brain, and other internal organs (viscera). It differs from rheumatism in this: that it is oftener *hereditary*. As to persons of *high life* being most subject to it, is partly a mistake; for it may be brought on by any constitutional deradgement of the system.

*Symptoms* are nearly like those of rheumatism, only more *severe* in general; and the paroxysms, which mean *fits* of gout, make their attack more in periodical order in general, and most commonly in the night.

*Treatment*.—In a *fit* of this complaint, it is always necessary to empty the bowels of their irritating contents. For this purpose, there is nothing better than my No. 2, including gtysters, and in some instances, it may be necessary to bleed, where the patient is young and full of blood. When the stomach and bowels are emptied, just before you put the patient into the warm-bath, give a large dose of laudanum, in a few spoon-fulls of warm tea. If this dose and sweating does not relieve in half an hour or an hour, repeat the dose.

Bateman's drops in large doses will give ease, with the steam-bath; and sometimes sulphuric ether and harts-horn, or either of them, will be of service, taken in warm brandy. After the *fit* is off, (which will last but a day or so, or less; but if the proper remedies are not used, it may last nine or ten days) you may take a table spoon-full of jimson seed, bruised; one teaspoon-full of powdered lobelia, and put them into a quart of good brandy or wine, and take a table spoon-full morning and night. Sulphur, saltpetre, tartar, and many other medicines are recommended; but we are not told that they will cure. I have more faith in a little calomel occasionally; the steam-bath; jimson and lobelia, and large doses of laudanum, than any I have ever tried. The black tonic medicine, and peruvian and poplar barks are good during the recess, in weakly persons. The rheumatic ointment, under rheumatism, may also be of great service in gout.

*Diets* must be regular, but light and nourishing; & regular but moderate exercise should be taken in all cases.

### — SNAKE BITES.

The instant the bite is made, if you have it, put some of the *vegetable canstic* on, or into the place where the teeth or fangs of the snake entered; this will extract the poison quicker and more certainly than any thing known. If you cannot get this medicine, pearlash may be applied in the same way, or the foot set immediately into strong *lye*; and the next best remedy for extracting the poison, is strong salt finely powdered, and laid on; or a strong brine may be made, and the part held in it for 10 or 15 minutes. If the bite has been made as long as half an hour, or several hours before you see it, you had best make two or three splits or *incisions* on the orifices made by the teeth, before you make the above applications. At the same time, the instant you get to the *sufferer*, give him a teaspoon-full of hartshorn, if he be a child, and if an adult, double that, in water; or if you have it, in black root or Culver's root tea, as we mostly call it.

This dose of hartshorn must be repeated every half hour till you give three or four—sometimes I give it in sweet oil. I always give of the black root tea, very strong, a sufficiency to purge as quick as possible. A bandage must be drawn tightly round the limb above where it is bitten, to prevent the swelling from going up. If you make the application, and use the hartshorn in large quantities, and purge well with the black root, there is not the least danger on earth. I have cured the most dreadful cases in this way, with the greatest ease. The southern Indians depend very much on the black root alone, and I believe it is the best medicine I have ever seen, except the hartshorn; which is an undoubted specific in the bites of serpents and insects. Strong tea of poplar root bark is very excellent, given as much as the stomach will bear. It and the black root I have used together, with the happiest effects. The plantain and cuckold-burr juice is said to be good.

---

### SPIDER-BITES, and OTHER INSECTS.

I treat these cases of bites precisely as I do the bites of snakes, except that I always give a dose of lobelia in spider-bites of a day or so standing, the first thing I do; and after that, the hartshorn, black root, &c.

I was bitten by the largest and worst kind of a spider some years ago, which gave me the most excruciating pain, instantly. I applied the *wet-fire*, and the other remedies, and relieved myself directly. I have also given relief in six or seven of the worst kind of snake bites, without any trouble. If you have the hartshorn and black root, you need not be afraid of any serpent in this country; as for the caustic, the pearlash, the *lye*, or salt, makes a good substitute.

---

### CANINE MADNESS--(*Hydrophobia*.)

This disease bears this name, because animals affected with it, are afraid of water. The dog, wolf, fox and cat, are subject to hydrophobia, without any known cause; but the other part of animal creation, mostly take



it by the bites of those affected with it; and it may be communicated by applying the poisonous matter to any cut or skinned part of the human system, or other animals. It sometimes makes its appearance in 9 days; sometimes not for weeks or months; 20 or 30 days is about the ordinary time.

*Symptoms*—before madness, or what is called premonitory symptoms.—General weakness; disinclination of both mind and body to exercise; chills and flushes; great thirst; sometimes nausea, and vomiting bilious matter; hard and anxious breathing; loss of appetite, &c.; great dread of water, in all cases; reserved and suspicious, mostly saying nothing, but sometimes talking a great deal for a little while. Men mostly have a great desire for venery, from the effect it has on the genital organs. Altho' the thirst is so great, the patient dare not drink water, nor even to hear it poured from one vessel to another; nor can they swallow their own spittle (saliva.)

*Treatment*.—The moment you are bitten by a mad animal, apply the "*wet-fire*" by introducing it into the bottom of every part of the bite; if you have not got this *caustic*, cut the piece of flesh out around the wound before the *poison* is circulated. But the caustic is the best remedy that can be used, if done within half an hour or so after the wound is inflicted. Dr. Ward tried it in North Carolina, on the bite of a mad wolf, with the greatest success. And the pearlsh and potash have both been used very successfully in like manner.

Cold bathing is highly recommended, and particularly in salt water; this I have a very favorable opinion of. But I believe if the poisonous matter has circulated thro' the system, and cannot be extracted at first, by the wound, that copious bleeding, day after day, till there is *barely* blood enough left to sustain life, at the same time giving the most active purges, such as will carry off the most copious watery discharges, together with a little calomel; and after this is done, the steam-bath for several days, as often and as long as is con-

sistent in the support of life. This course will certainly more promptly and effectually *purge* and *renovate* the whole system, than any course that can be taken. After the system is thus reduced and cleansed of its poisonous matter, a teaspoon-full of sulphur should be given every day, with any gentle *tonic* medicine, to raise the patient. And I am of opinion that hartshorn would be a good antidote in this, as well as in the bites of serpents. Why not expel this sort of poison as well as that of reptiles? For as I have told you under that chapter, it is a certain remedy in those cases.

*Salivation*, opium, water plantain, spanish flies, &c. are recommended; but we do not learn that any of them will cure the complaint.

---

**INTOXICATION**, and Laudanum taken into the stomach, to excess.

*Treatment for Drunkenness*.—Dissolve a teaspoon-full of white vitriol in half a pint of warm water; give the half of it, and if it is not thrown up in a few minutes, give the balance—then give a few draughts of warm water, to excite perspiration, and encourage vomiting; this will empty the stomach of the pernicious liquor, whether wine, spirits, or laudanum. without giving pain, or leaving the stomach in any danger from the use of cold water immediately after taking it, or eating any thing that is wanted. And no soreness, weakness, nor any other bad effects are felt from using this medicine, any longer than it is operating. Sometimes it may be necessary to take blood, and give the warm or steam-bath; particularly when children have taken too much laudanum, I bleed, and bathe them in warm vinegar and water, after giving a suitable dose of white vitriol, and apply mustard or lye poultices to their feet, hands, and stomach; this course will give speedy relief, with warm glysters of soap-suds.

## POISONS TAKEN INTO THE STOMACH.

Mineral poisons, such as corrosive sublimate, arsenic, lead, copper, &c., act more readily on the stomach, in a corroding manner, than vegetables do. The latter poisons, such as night-shade, hen-bane, hellabor, &c., are more of a stupefying nature, and soon render you senseless. But the minerals when taken into the stomach, soon produce a prickling or biting pain; sickness; heat; great thirst; quick and hard breathing; cold feet and hands, with violent hiccups. This in a few hours excites high inflammation; next gangrene; and mortification soon closes the scene.

*Treatment.*—The instant poison is known to be taken, the quickest and most innocent puke must be administered. However, I will here remark, that I do not think a *mineral* remedy so safe, where *mineral* poison has been swallowed; because, having something of a similar nature, their exciting influences might be united. Therefore, unless the vomit can be given before the *mineral* poison has had time to dissolve in the stomach, I prefer my No. 1; or else I mix lobelia with white vitriol, to hasten its operation; and as soon as one motion or two has been brought on, large draughts of melted lard, or fresh butter, or oil must be given. This must be done in all cases; particularly where the poison has had time to pass from the stomach into the bowels. And I use glysters immediately, and give the steam-bath. Copious and frequent draughts of warm milk must be drank, or flax-seed tea; sweet oil may be drank freely, and thrown up in warm glysters. I have relieved several cases in this way. One I will mention of a negro boy, who eat a piece of bread and butter, with rats-bane in it, that had been laid in a crack of the kitchen wall, to kill rats. I gave him the lobelia as soon as it was discovered, and then followed that with the course I have here laid down, and relieved him with but little difficulty.

CRAMP—(*Tetanus*.)

There are several forms of Cramp, or *Tetanus*—when it is in the muscles of the jaws and throat, it is called *trismus*, which means locked-jaw; when the body is drawn forward with *cramp*, it is called *emprothotonos*; when drawn backwards into an arch, it is called *opisthotonos*—and when the body is drawn to one side, it is called *pleurothotonos*. When *cramp* is brought on by general causes, such as colds, &c., it is said to be *idiopathic*—when from wounds of any kind, it is called *traumatic* cramp. This complaint is very common in hot climates. I have witnessed a great many cases of it, even on the southern coasts of the U. States; particularly among sailors and seamen, who exposed themselves to the night air, after being in the hot sun all day; also among boatmen on the large Western waters. High *temperature* of the *atmosphere* thro' the day, followed by cool, damp night air, is a very common cause of tetanus.

*Symptoms*.—It commonly comes on gradually, with a stiffness about the jaws, neck and shoulders; uneasiness in the breast; the speech is generally changed, and difficulty is felt in swallowing; the teeth come immovably close together; and violent and painful paroxysms now begin to take place in the muscles. A *fit* of *trismus* is very uncertain; but it seldom lasts longer than 6 or 8 days, and sometimes but 2 or 3. It is strange, that a patient with this complaint seldom loses his senses. Old persons are not often troubled with it.

*Treatment*.—If the locked-jaw proceeds from a wound of any kind, you may know that there is not inflammation enough in the wound, or that there exists some *extraneous* matter in it, which means something of a different nature from any thing belonging to the system. The object then is to open the wound, and discharge that matter instantly, and excite inflammation in the wound. This may be done by putting the *vegetable caustic* into the wound; or if you merely want a higher state of inflammation raised in the part, apply the tinc-



ture of spanish flies, or a strong mustard or red pepper poultice to it. Hot spirits, or boiling water, have many times effected sufficient inflammation to give relief, when nothing else would succeed. Do not wait to be knocking out a tooth or two, as is the common practice, to get something down the throat! Use warm, active glysters, and empty the bowels on the spot. If the patient be young and full of blood, abstract it copiously—when these things are done, give from 50 to 100 drops of laudanum (to an adult), in a little warm mint, or pennyroyal tea, or any other tea of that nature. This may be done very easily, by putting the neck of a small funnel into the corner of the patient's mouth; or a little quill, or the mouth of a small vial, or a teaspoon may be put in. But if this cannot possibly be done, put 50 or 100 drops of laudanum into half a pint of thin gruel, or milk and water, and inject it up the fundament, and then prepare the steam-bath, and put the patient into it; and if the first 50 drops do not relax the *spasm* in half an hour, you may give 50 more; and every half hour, give 35 drops, till ease, or *stertorous* breathing is produced, which means a sort of stupor and snoring. Opium, in some form, is my principal reliance, with the steam-bath, as often and as long as the patient will reasonably bear it. In the extensive use of opium, I am sustained by Doctors Morrison, Barr, and many others; and in the warm-bath, by many respectable authorities. The warm-bath is objected to by some, on account of the fatigue in getting in and out. Then I propose propose the steam-bath; which on my plan, affords every facility and convenience.

Dr. Hillary says he “knew one patient to die instantly in the warm-bath!” What of that? he might have died equally as suddenly, if he had never seen the warm-bath; because he was dying, any how; but we all admit that the patient must be handled very carefully, and not even made talk much. Do not spare your hand in *opium*; it is the strong *fort* in this dreadful *disease*. Tobacco, infused weakly in warm water, mixt with

laudanum, will relieve in some cases, where nothing else will. An infusion of lobelia, tolerably weak, with laudanum, is almost certain relief; red pepper tea, in great quantities, given warm, will greatly assist in relieving. Mott, Hutchinson, Tamis and others, say that spirits of turpentine or oil of turpentine, given internally, has relieved when every other remedy had failed. The cold-bath is recommended by some; but I have little faith in it; neither have I in such copious bleeding as is advocated by Rush and others. Strong hot wines and spirituous liquors are highly spoken of by many. Mercury also comes in as a common-place remedy among some; but I never use it in this complaint. Camphor I believe to be very good in large doses, with opium.

---

#### SULPHUR, *taken or used to excess.*

This presents a dreadful spectacle, indeed: every joint swells, turns black, and becomes useless. I saw a young man a few years ago, who had been using brimstone for the itch, and went into the river to wash: and was next day taken down, & could not move a joint in him, but his jaw; and the most part of his limbs were as black as if they had been beaten. He got relief in a few days, on the following plan:

*Treatment.*—Give a good purge or two, and if necessary, bleed; then pulverize seneka snake root and sulphur, equal parts, very fine, and give him a teaspoonfull 2 or 3 times a-day, every day; and if the patient can be moved about, give the steam-bath every day, till he is relieved; taking very particular care not to let him get cold in any way. This will relieve any case of this kind, in a few days.

---

#### NETTLE-RASH—(*Urticaria.*)

This complaint shows itself on various parts of the system, in lumps, or welks; looks pale or whitish in the centre, and red round the edges; at first with great itching, and weakly persons always lose their appetite,

with sickness, and sometimes slight vomiting; chilly and unpleasant feelings, very similar to those with erysipelas.

*Treatment.*—If the *patient* inclines to vomit, I always give No. 1; if the habit and case require it, I bleed, then give No. 2, or any cooling purge, and the steam-bath is always proper in obstinate cases. In light attacks, a cooling purge of any kind will commonly be sufficient; wetting the parts with warm vinegar, allays the itching very readily. If the patient is weakly, and subject to the disease, I give the *black tonic*, a small pill morning and night. The elixir of vitriol, in the usual way, is very good for adults. The culver's root and poplar root bark, is an excellent strengthening bitter. *Diets*—must be regularly taken, light and nourishing.

---

### SCALD-HEAD—(*Tinea Capitis.*)

This complaint appears in some instances to be contagious, which means catching. But again, it is *hereditary*, insomuch that you will see it follow whole families of children; when at the same time, children of other families have had equal opportunities of taking it, but escape.

*Treatment.*—Shave the hair closely off to the head; wash it clean with warm soap suds; then dissolve some of the *vegetable caustic* in water, so as to make a tolerably weak solution; wash the whole affected part of the head again with it; then take perfectly fresh, or newly run tar, of the strongest kind; put it into a vessel, and simmer it down like making shoe-wax, till it is of such a consistency, as not to melt from the heat of the head; spread this on thick linen, and cover the whole diseased part of the head, and in fact a little more; this will keep the complaint from spreading. This plaster must be renewed about every 15 or 20 days, made of new tar every time, and the head washed with the solution of caustic, as first directed, previous to putting on the new tar-cap. The child or patient in most instances, will be found in a state of general debility—hence, instead of being

purged and *physicked* in the common way, he must take a pill suitable to age and strength, of the black tonic, morning and night; this will renew the blood, increase his energies, and throw off the ill-humors of the body. When the disease seems to be constitutional (which it often is) I make him use sassafras or spicewood tea for breakfast and supper, thro' the whole cure. In some very obstinate cases, where the patient is tolerably stout, and appears feverish, I give a teaspoon-full of sulphur, and half the quantity of saltpetre, finely powdered, in a little water, every night for a week or two. If the child be very puny, and has the appearance of a *scrofulous taint*, I frequently give the steam-bath, or warm-bath. This course, if persevered in, will cure any case that I have ever seen. Do not get disheartened after a few days or weeks; but continue for months, and the cure is certain. Other articles are recommended, and will sometimes cure—such as washing the head with *vitriol*, lime water, soap suds, &c.; sulphur and charcoal, suet, bees-wax, spirits of turpentine, and oil of turpentine, &c.

*Diets.*—Feed your patient well with nourishing food if he is weakly; and I do most strenuously object to *calomel*, or heavy purging in any way.

---

**RING-WORM**—(*Herpes Circinatus*,) pronounced  
HERPEEZ SURSINATUS.

*Treatment.*—Take the narrow leaf dock-root, boil it down in strong vinegar, and wash and rub the ring-worm with soap-suds, or solution of caustic, till all the scab or scarf is off; then two or three times a-day, rub on the preparation of dock and vinegar; this will cure any ring-worm; so will walnut bark or hulls, boiled down till nearly thick, and rubbed on in like manner; so will cedar oil; and the strong tincture of spanish flies, rubbed on, is a certain remedy. Dog-fennel, boiled down, and the decoction rubbed on, is a very certain cure. Verdigris is also a certain cure.



**TETTER-WORM—**(*Herpes.*)

Of this disease I have no distinctions to make, only that there is one species confined to the skin, and a second, which is certainly *constitutional* and *hereditary*. This kind which is handed down from parents to children, is seldom, if ever, soundly cured. I have seen, as the saying is, "*every thing tried,*" salivation and all, without success. This kind of tetter is very troublesome in cold weather. If it cannot be cured, it may be palliated very much, by washing every time you make water, with the *urine*.

*Treatment of Tetter.*—Take clover-heads, sour dock root and puccoon root, equal parts; boil them down till very strong; take out the roots, &c. while hot; then add a quart of the first shots of brandy, or rye whiskey to each pint of the decoction, and also one ounce of cedar oil; rub the part with this composition two or three times every day; and it will cure any tetter, that can be cured at all, I believe. The oil of turpentine will answer in some cases, instead of cedar oil. The first shots of rye whiskey with cedar oil, will sometimes cure. The first three ingredients, boiled down in vinegar, will often be sufficient. Tincture of spanish flies and cedar oil will be good. An oil distilled from red corn-cobs, will cure almost any tetter; or dig a little pit in the ground, and burn the cobs, so as to make the smoke very strong, and hold the affected part in the hot smoke, will cure almost any kind of tetter. Many other remedies are recommended, some of which are very injurious; such as caustics of any kind, poison ivy, &c. I caution you against the use of them; they will destroy the skin, and always do more harm than good. Alcohol will cure almost any tetter.

**PALSY—**(*Paralysis.*)

This term is derived from the Greek word, which means to weaken. If you lose the use of yourself from the hips downwards, it is called *Paraplegia*;—and when one side of the system only, it is called *Hemiplegia*; and when any particular part is affected, as

the brain, face, lungs, heart, stomach, &c., it is called *Paralysis partialis*. This complaint sometimes comes on slowly; at other times, it attacks very suddenly. If in the heart, lungs or liver, it is almost certain death instantly. It may be caused by any thing that checks or obstructs the regular circulation of the nervous fluids, or that produces too great a flow of blood to the head or brain. I have seen several cases of palsy in the arms and legs of children, caused by worms rolling themselves together in a knot, and oppressing and irritating the bowels.

*Treatment.*—If the patient be full of blood, copious bleeding, and active purging with No. 2, and salts to work it off, is necessary for several days in succession; and after that, the bowels must still be kept regularly in a tolerably active state, daily; but not so as to oppress or fatigue them too much. If the patient be old, or frail in any way, no blood must be taken; and instead of very much purging, the bowels must be kept regular every day with a glyster. A little table salt may be used occasionally in the glysters, and so may a small portion of lobelia. The steam-bath is good in almost every instance of palsy. While in the bath, the patient must be rubbed all over, but particularly on the affected part, with a weak solution of the vegetable caustic, which means the caustic dissolved in water. Pearlash dissolved in water, will make a good substitute; so will strong lime-water—this softens the skin, and stimulates the surface, or what is called the *capillary* system, into a lively action. These solutions must be used quite warm; and they may be employed frequently thro' the day, with a flesh-brush. In cases in which the bowels are very *torpid*, powdered mustard seed, mixt with small-doses of calomel, rhubarb or aloes, and given every few days, will produce the best effects. In such cases, mustard whey, or whey made after the same manner, with horse-radish, must be frequently drank. Poultices of mustard mixt with strong soap, must be applied of nights, on the affected parts—red pepper

poultices are also excellent. A strong decoction of the red pepper, mustard or horse-radish, must be drank when taking the steam-bath, particularly when the patient is of weak habit, so as to require a stimulus. Vomiting is recommended; but I most violently oppose it in any shape. Nauseating doses of lobelia or ipecac. may be given with advantage, where there is not a great flow of blood to the head, or where there have been no symptoms of apoplexy. Blisters are sometimes serviceable; also setons or issues made in the affected parts. The vomit-nut (*nux vomica*) is of late, said to be good, given in powder, a few grains at a dose. I have no doubt of the utility of this medicine; but you must get a medical man carefully to weigh and prepare it for you. The oil of turpentine, taken daily, from 10 to 20 or 30 drops, will sometimes assist greatly in the cure of palsy. But after all, the principle on which almost all palsies are cured, are by keeping the bowels constantly gently open, and giving the warm or steam-bath in a proper manner.

*Diets*—for persons of full habit and blood, must be very light indeed; and for those of weak constitutions, diets must be of a very nourishing kind; but you must remember, the stomach and bowels must not be too much filled or oppressed in any case. If possible, a little exercise must be taken.

---

#### ITCH—(*Psora*,) pronounced SORA.

This complaint is so common all over America, that it needs no description of symptoms. People in new countries are very much troubled with it. It is very easily communicated from one to another; because it depends on a little insect very nearly like a *chigo*, only it is smaller, and very white, or rather flesh colored. I mention these insects, because I have seen the work of no other author that does; but they write on the subject, as if they thought it was merely a disease of the skin. This little *animal* will run along under the surface of the skin, and raise a little ridge, similar to the

ridge raised in the surface of the ground by *moles*; at the end of these tracks, you may pick them out, lay them on your nail, and many times they are able to crawl.

*Treatment.*—Red precipitate, powdered finely, mixt with lard, and rubbed on, is very certain in its cure, and not dangerous nor offensive. A hand-full of heart leaves and a hand-full of cedar tops, stewed down in lard or fresh butter; then taken out, and the rosin of sweet gum added, and simmered and mixt well together, is a very certain and pleasant cure. If it be slow in the cure, mix a little sulphur or red precipitate with it, and it is a certain remedy. Mercurial ointment, or what is *improperly* called *oil of baze*, rubbed on, is a good remedy, but rather a dangerous one. Fresh butter, hog's lard, or suet, with heart-leaves stewed in it, and a little spirits of turpentine added, is an excellent remedy for the itch. And let me tell you, there needs no purging, bleeding, nor *light diets* in the treatment of itch.

---

### EAR-ACHE.

If from cold, a few drops of laudanum and sweet oil mixt, and dropt warm into the ear, and stopt with cotton or fine wool, will give relief directly; or the laudanum alone, will answer, dropt in warm, and stopt up. If this should not give ease, steam the ear over the mouth of a vessel filled with horse-mint, or any herb of the kind; or warm vinegar, or even warm water will do; then drop in the laudanum, stop the ear, and be quiet; this will give ease. Sometimes equal parts of honey and laudanum will give relief more readily than any thing else, dropt in warm. For an insect in the ear, warm tincture of camphor is excellent. If the ear, or inside of the head will *beal*, frequent steaming or warm poultices, after stopping the ear with wool or cotton, is very good indeed. Warm milk dropt in, and sweet or neat's foot oil, is a very fine remedy.



SORE EYES—(*Ophthalmia*.)

There are several causes which produce sore eyes. The disease is sometimes *epidemic*, affecting whole towns, neighborhoods and sections of country; sometimes caused by a general derangement of the stomach, bowels, and often by wearing tight shoes, and other tight clothing; by rheumatism, *venereal* and king's evil. When of the *epidemic* kind, active purging is always necessary. No. 2 may be given, or a spoon-full or two of salts, or cream of tartar; or a dose of walnut pills, or a dose of may-apple root; and if the patient be full of blood, *venesection*, which means blood-letting, should be used a time or two. The eyes must be bathed four or five times a day in warm milk and water, and immediately afterwards wash them with water in which a little sugar of lead has been dissolved and strained, or well settled; recollect this *solution* must be very weak, and always dropt into the eye about milk-warm. The patient must be kept from the light, either of the sun or fire, shining on the eyes. Lynn buds infused in water, and washed with frequently, is a good remedy: and also the pith of the first year's growth of sassafras sprouts, in like manner. Pulverize allum, and put it into new milk, warm it on the fire; and when the curd is separated from the whey, use the whey as a wash, often thro' the day; sometimes I dissolve a little loaf sugar in the whey, and strain it off before I use it. White or blue vitriol, in very weak solution, after the inflammation has somewhat subsided, may be used with great benefit. The bleeding and purging may be repeated as often as the inflammatory symptoms require it. When sore eyes are caused by tight shoes, or any obstructed *evacuation*, removing the cause is the most that is necessary. When of the *venereal* kind, the sores about them must be treated as the other venereal ulcers are (see venereal); but the inflammation or soreness of the eyes will mostly abate with the other symptoms of the complaint. If the edges of the eye-lids be sore and hard, either from rheumatism, scrofula or *venereal*, pul-

verize red precipitate finely, and mix it with fresh butter, or suet, and anoint the rims of the eye-lids with it two or three times a day; taking good care not to let it get to the balls or insides of the eyes. This course will cure any sore eyes. Camomile tea as a wash (lotion) is very good for sore eyes; it may be sweetened with a little honey or loaf sugar. In all the washes I make for sore eyes, I very often add a few drops of laudanum; this soothes the pain, and allays irritability astonishingly. Cold-bathing is recommended, and may be good for some sore eyes; but I always derived more benefit from warm applications. Mercurial ointment is much used, and blisters; but I beseech you never put a blister nearer than the back of the neck, for sore eyes. Poultices are recommended, and might answer a good purpose; but there is danger of their injuring the eye, by the great weight on it. Vomiting should never be used; it is too straining on the eyes.

---

### TOOTH-ACHE--(*Odontalgia*.)

This is one among the most excruciating and distressing complaints that belongs to *human suffering*; and yet, by those who never felt it, it is made a mere matter of *ridicule*! Tooth-ache may be owing to a *mere* defect of the tooth and nerve, or marrow of the tooth; or it may be a *mere* sympathetic affection from some other diseased part of the system, and very often depends on the stoppage of some *evacuation*, such as the *menses*, *costiveness*, &c. Tooth-ache is very common among pregnant women, particularly in their first stages. Cold is almost always the exciting, or what is called the *ap-proximate* cause.

*Treatment*.—If the tooth be very hollow and much decayed, it is best to extract it; but if this cannot be done conveniently, and the nerve is very tender, and a great deal of excitement about the jaw, sweat or steam the jaw over any kind of hot steam; wet lint in laudanum, and put it into the tooth;—the feet should be bathed in warm water at bed-time. In most cases, I

give a gentle purge for cleansing the stomach and bowels; it will be proper in most cases. The nerve of the tooth may be destroyed by putting a drop of *nitric acid* (aqua fortis), or a drop of oil of vitriol, or a little blue stone (blue vitriol), into the tooth. When the nerve is very sensitive, I sometimes plug it with a little soft warm tallow, and rub the jaw with camphor or laudanum, or opodeldoc, or equal parts of sweet oil and laudanum, and stove it, by holding a hot iron close to the jaw for some time. If the teeth appear to ache, and nothing can be introduced into any one in particular, for relief, take prickley ash root, and chew it constantly, or make a strong decoction, and frequently hold it in your mouth—this will relieve many times when you are in great distress. At the same time, the stomach and bowels should be emptied; after which some innocent sweating tea, with a little laudanum or Bateman's drops may be taken, to raise a gentle perspiration. Sometimes where the tooth is nearly dead, and but little irritability in it, warm camphor, laudanum, or strong spirits held in the mouth, will give ease. On the other hand, cold water held in the mouth, is the best remedy. A tooth aching, never should be plugged with any thing except lint, tallow, warm bees-wax, a bit of opium, or something of the kind. Any kind of metal at that time, will always make it more painful. Where the whole jaw or face is affected, red pepper or mustard poultices laid on warm, will be of great service; and I have sometimes found blistering good. For old aching teeth, oil of cloves or cinnamon either, is very good, put into the tooth on lint or cotton.

You will find more said on the Teeth, under the explanation of *Dental Surgery*, in this work.

### HEART-BURN—(*Cardialgia*.)

There are very few persons but what have in some degree, suffered with this complaint.

*Treatment.*—In common cases, a teaspoon-full of gunpowder is a very certain remedy—much better than saltpetre; because

the charcoal and sulphur act with the nitre which is contained in the powder. The first year's growth of the buds of lynn sprouts, chewed and swallowed, a few mouth-fulls, will relieve almost any common heart-burn; so will slippery-elm bark. A tea spoon-full of finely powdered sulphur and nitre, each, will give relief. The sulphur or nitre alone, will often answer. Prepared chalk, taken in teaspoon-full doses, will be found equal to almost any thing. Calcined magnesia, two or three teaspoon-fulls, will relieve the burning in a few minutes. Sometimes the heart-burn is very obstinate, owing to bile, or other improper matter in the stomach; then you must take about a teaspoon-full of rhubarb, or more, if this will not purge; or the Culvers' powder, or decoction, will remove the bile. May-apple root, about a tablespoon-full, is equally as good; flax-seed tea will relieve the burning; sometimes I give a few grains of aloes; a drink of soda or lime-water is excellent. I have often relieved it with a few grains of ipecac. not so much as to vomit. I have many times given relief with a draught of lime-juice, where the burning depended on debility of the stomach. If the burning depends on a *dyspeptic* state of the stomach, you must look under the chapter *Dyspepsia*, for the treatment.

### CHOAKED; or *Substances lodged in the Throat.*

When pins, needles or any thing of that kind are swallowed, there is great alarm, and frequently much harm done by it. If the substance be in reach either of the finger or of forcips, go coolly and fearlessly about the matter, and get it out. Substances that cannot be digested in the stomach, should always be taken out, if possible. A long piece of wire, bent in a hook at one end, many times answers better than forcips, or nippers. It must be pushed down the throat with the hook flat-ways beside the pin, needle, bone, or whatever it is, till the hook gets below the pin; then draw the hook up. When you go to draw the hook back, the *sufferer* must be laid on his belly, with his mouth downwards, lower than the rest of his body; then if he makes an inadvertent effort in any way, it will be most apt to fly out at the mouth, instead of going down the throat. The wire or nippers must always be tied to the hand of the operator. If it be a pin, bone or nee-



dle, and goes into the stomach, do not go to purging; but give hard solid food, mostly bread, for five or six days; this solid food cakes around the pin, and carries it thro' the bowels; whereas, purges and thin food would pass hastily on, and leave it. If the substance is of a digestible nature, and lodges in the throat, it may often be thrown up by applying tobacco soaked in warm water, to the stomach till sickness is produced; for you must remember, that nothing can be swallowed to cause puking. If it cannot be puked up, you must make what we call a probang—this can be very easily done, out of a tough piece of hickory or white oak; shave it down to the size of a pipe-stem; let it be 12 or 18 inches long; bend it in a *curve* to fit the bend at the joining of the neck and jaw; wrap fine linen smoothly around it, from one end to the other; tie a little bit of sponge or cotton on one end, and let your wrapping extend all over it; then oil it from end to end, and you may put it down on the substance, and push it gently down into the stomach—I say *gently* and *slowly*; and the choaked person must be held perfectly still; for if he moves about, or if the operation is hastily performed, there is danger of tearing the throat. I performed this operation on a man by the name of Reuben Freeman, in Rhea county, Tennessee, who had lodged a piece of tough beef in his throat; and I have used the same means with two children, who had green plumbs lodged in the same manner.

---

*Cold Water drunk, when the person is very warm.*

The fatality of this practice is so well known all over the world, that it needs no comment.

In time of harvest, I have seen many dangerous cases, and some deaths, from drinking cold water while over-heated from reaping. The first case of death that I recollect seeing, was when I was a boy, a young lady by the name of Bowers, who, while very hot, after dancing in a ball-room, took a large drink of cold water; and in less than 12 hours, she was a corpse!

Some years ago, on the Alabama river, in the intense heat of summer, travelling on board a steam boat, we stopped at a very

fine cold spring that issued from a bluff—several gentlemen drank freely of the water, while they were hot. One of them died instantly; and one or two of the others, a few days after!

Since I have practiced medicine, I have had opportunities of relieving several persons from that dreadful condition. Large draughts of iced-punch and iced-cream, and cold water-melons eaten when you are over-heated, are equally dangerous..

*Treatment.*—When water, or any other cold article has been taken into the stomach while very warm, the consequence is, that by oppression of the stomach and check of perspiration, a sudden diminution of heat takes place through the whole system, from immediate sympathy with the stomach. Now what is to be done? Remove the load from the stomach, and produce general *reaction* in the most speedy manner. For this purpose, a teaspoon-full or more of lobelia, given in a glass of warm water—one half at first, and if that does not empty the stomach in 8 or 10 minutes, give the other half; as soon as the stomach is unloaded of its contents, if the patient is not thrown into a sweat, and relieved, give him a teaspoon-full of laudanum, or double that quantity of Bateman's drops, in half a pint of hot pepper tea. If this does not produce lively sweating (diaphoresis) in a few minutes, you have no time to lose; but put him instantly into the steam-bath, and still give any of the sweating teas under No. 3. This course will give speedy relief in any case, if taken within a few hours after the accident. The warm-bath may answer in place of the steam; but is not so prompt in its effects. This is a much better plan, than giving a dose of laudanum alone, for several reasons: first, because the laudanum of *itself* is too slow in counteracting the cold in the stomach, and should be given in some hot tea; and secondly, the water should be thrown out of the stomach the first thing, in order to remove the burthen, and also to make way for the more ready reception of the *remedy* on the coats of the stomach; and thirdly, because lobelia and steaming instantaneously produces *reaction* on the system, and thereby relieves the *sufferer*. A large draught of hot toddy, or pepper tea, or any

thing that will produce sweating instantly, will be sufficient, if taken in a few minutes after the bad symptoms are felt from drinking or eating the cold article; but the sure remedy is the lobelia.

---

### FROST-BITES.

When they are first made, the part must not be hastily heated; but first rubbed with snow, or immersed in cold water, and then the heat of the room and fire gradually brought on the part. If the part be seriously injured, it must be treated precisely as a fresh burn is. (See burns.) For old frost bites, that have not been soundly cured, the part affected must be frequently bathed in weak *lye*, before the part is ulcerated; warm salt and water, and warm vinegar are all good to bathe in; after bathing, anoint the part with tallow and spirits of turpentine, equal parts, and hold it to the fire for some time, as hot as you can bear it. If the part becomes ulcerated, rub it with opodeldoc, or make a plaster of common turpentine, lard and beeswax, and apply it, once in a while washing the sore in soap-suds.

---

### BURNS AND SCALDS.

When fire, or any thing of the kind, is applied to the skin, it in some degree weakens or deadens the vessels of the part, and closes the *pores*, so that *invisible* sweat or fluid cannot pass out thro' the *pores*. Hence that fluid is locked up, in the *excretory* vessels, as they are called, and the pores being shut, and the vessels weak, they are not able to force the fluid one way nor the other; but it continues to accumulate till its great quantity and weight distends or swells those *torpid* vessels to a very painful degree. Thus you see, if a burn is not very deep, that any stimulating application, if made a few minutes after the burn, will open the pores, excite the *torpid* vessels into action, and enable them to throw out the fluids. and prevent the watery matter called *serum*, from collecting and forming blisters.

*Treatment.*—Spirits of turpentine, strong spirits,

tincture of camphor, soft soap, laudanum, strong vinegar, or ether, if applied instantly, after a shallow burn or scald, without taking the skin off, is made, will answer every purpose. But if the burn has been made some hours, a very different course must be pursued; such a one as will suppress inflammation; then apply bats of carded cotton all over the burn, and keep them constantly wet with cold water; at the same time, give the patient any of the sweating teas under No. 3; or any other teas you please, that will keep up a gentle sweat for some time. The hot teas within, and the cold application to the inflamed part, soon produce an equal balance of heat throughout the system, and relief is felt immediately. If the burn is deep, the first application (if possible to be had) must be thin soft bats of clean cotton, wet in flax-seed oil, and laid all over the burn; and after half an hour or so, soft light poultices of sweet milk and flour laid on them. This application makes the wound perfectly easy, and soon sets it to discharging matter. This application must be renewed as occasion requires. Sweet oil, flax-seed, slippery-elm, and swamp-lily, or marsh mallow poultices, made thin with flour, are next best. After the inflammation is somewhat abated, and the wound begins to run, the decoction of chesnut leaves, or bamboo brier leaves, makes a very valuable wash, and must be used warm, two or three times a-day. If you can get them, British oil and opodeldoc make excellent dressings. A salve then made of fresh butter, and a small quantity of common turpentine and bees-wax, applied on fine cloths, once or twice a-day, will complete the cure, to your greatest satisfaction.

---

### PULMONARY CONSUMPTION—(*Phthisis Pulmonalis*.)

This complaint is divided into several species; but the general remedies amount to nearly the same thing in the cure of all. Obstruction from *cold* in some way or other, is the common cause of *Consumption*. The



lack of the menses being established in young girls; or the obstruction of those monthly discharges at any period of life, is a very common cause among females. Much exposure to cold, or any thing that produces violent inflammation of the lungs, will bring on Consumption, if the proper remedies are not used in time. But where there exists a *predisposition to Consumption*, it will many times make its attack without any known exciting cause: for we must all acknowledge that this *frightful* malady is *hereditary*; and with all the precautions that can be used, it sometimes *sweeps* almost whole families, in a short time, out of existence!!

*Symptoms.*—Sometimes this complaint comes on gradually, with a dry hard cough, and pain and heat thro' the breast, extending up to the points of the shoulders. These pains are much increased after active exercise, together with slight headache, and painful breathing and swallowing. These feelings are attended in general with great thirst, with but little abatement or benefit from drinking; the pulse is very irregular, mostly small, quick and hard. The patient begins to cough up a considerable quantity of matter, and the cough is apt to be most severe of a night, but most matter is thrown up of a morning. This matter is of various colors; sometimes of a whitish yellow, sometimes corruption mixt with it, of a very offensive smell; sometimes greenish, and at other times blood mixt with it.—Chills and flushes, or what is called *hectic fever*, now comes on; sickness; and sometimes vomiting takes place, just after a hard fit of coughing; the flesh becomes emaciated; the eyes look weak, and rather bloated; the countenance dejected, and a *peculiar* sharpness, or indescribable, unnatural appearance of the whole features is manifested; the voice becomes hoarse and unnatural; feet and hands mostly hot in the bottoms, but sometimes cold and clammy. In the third and last stage, copious night sweats come on, sometimes looseness of the bowels; and still in many instances the patient retains his appetite to the last hour. The fingers change their shape in some instances, tapering off at the ends, and the nails cupping over; the hair of the head begins to drop off. The consumption sometimes attacks and progresses very rapidly, taking off the patient in a few months; at other times, it may be so very lingering, as to last for several years. The best rule by which you may know *Consumption* from common *Tisic*, or Catarrh of the lungs, is a constant or daily painful

cough and discharge of matter, and gradual emaciation of the whole system.

*Treatment.*—Under this head, I will give you several prescriptions or preparations, which you can change to suit the different symptoms in the complaint, or use alternately, as the nature of the case seems to require.

*Diets*—In the first place, in all cases and stages of *consumption* must be strictly attended to. At first, until the inflammatory symptoms have abated, the diets must be very light, and small quantities taken, if the appetite craves it, at short intervals: such as milk and rye or oat mush, rice, with a little milk, sugar, molasses, &c. In the advanced stages of *Consumption*, as much warm milk from the cow, as the stomach will comfortably bear, must be drank every morning, say half a pint or less, with a teaspoon-full or two of loaf sugar or honey stirred in it. Good ripe fruits, such as peaches and apples, may be used in moderate quantities, in almost any way. A raw egg beat up with a teaspoon-full of good honey or loaf sugar, taken every morning, is very excellent. Butter-milk, after it is sour, may be used; but not before; if it is, it swells the stomach and bowels. Irish potatoes and young carrots, and parsnips, suit some consumptive persons. Mutton soup and chicken soup will agree with some, while others cannot use them. High seasoned diets and pastries are never proper in *consumptions*. In the first stages of this malady, give a mild purge or two of cream of tartar, oil, or any thing of the kind; if there seems to be a derangement of the *biliary system*, or liver, I sometimes give No. 1, or the culver's root alone, two or three times, till the stomach and bowels are unloaded of their bilious contents. I then take a hand-full of seneka snake root, a hand-full of butterfly-root, and put them into about half a gallon of water; boil it down to a quart; strain out the roots, and put into the decoction, a level tablespoon-full of powdered lobelia, with two or three spoon-fulls of honey; stir them together, and give a teaspoon-full every 2 or 3 hours thro'

the day; if this quantity excites puking, lessen the dose, so that very slight nausea will be felt occasionally thro' the day. This will soon produce free *expectoration*, or spitting; suppress inflammation; loosen the cough; ease the pain, and determine the improper fluids to the external surface of the body. Without the lobelia, I would feel myself unprepared to practice in *pulmonary* diseases; and in fact, for the first few years of my practice, before I became acquainted with *its* important virtues in diseases of the lungs, I always felt like there was something more efficacious than the remedies I was then using. In the forming, or first stages of *consumption*, even the *lobelia alone*, a teaspoon-full to each half pint of water, with honey enough to render it pleasant, and given every day, in small doses, so as to keep up a slight *nausea*, will be sufficient to check the complaint, in a very short time. In this way, I have given relief in several of the most violent and alarming attacks. When the patient is very *hoarse*, and great soreness in the upper part of the lungs, and lower part of the wind-pipe, or what is called the *bronchia* (pronounced *bronkia*) is felt, I take a pound of spikenard roots; put them into a gallon of water; boil it down to half a gallon; take them out while hot; then boil it to one quart, and add a gill of honey and a teaspoon-full of lobelia; stir them together, and give the patient a tablespoon-full, warm, three times a-day; let him gargle it in the throat as he swallows it;—sometimes I add to the composition, an ounce or two of liquorice. In the advanced stages of this disease, take two pounds wild cherry bark; four ounces cinnamon; four pound spikenard roots; half pound seneka snake root; one pound pleurisy root; put them into three gallons of water; boil it to two; take them all out while warm; strain off the liquor; add a quart of honey; let it stand in a jug or vessel, till it *ferments*; then take a gill three or four times a-day, blood-warm.

A second preparation:—Take two pounds devil's bit, or iron weed root; two pounds burdock root; half

pound white walnut bark, and four pounds spikenard root; boil them together, in the manner as above directed; put in the same quantity of honey, and use them as you do the first preparation.

A third:—Take two pounds yellow poplar bark; two pounds spikenard root; one pound sassafras roots; one pound wild potato root; boil them in three gallons of water down to two; take out the materials while warm, and add half a pound of liquorice, and a pint of honey; put it on the fire, and boil it 8 or 10 minutes, then take it off; let it ferment, and use three gills a-day, warm, morning, noon and night.

A fourth:—Take two pounds gentian root; one pound wild cucumber root bark; two pounds sarsaparilla root; half pound Culver's root; four pounds spikenard root; two pounds columbo root; half pound of seneka snake root; two pounds of the inside of white hickory bark; put them into five gallons of water; boil to three; then take all out while hot, strain the liquor; add three pints of honey; let it ferment, and take three gills a-day.

The following syrups may be prepared and used with great benefit, in place of those beers:—Take one pound of liverwort and hoarhound, each; boil them in a gallon of water down to a quart; strain out; add a gill of honey, and a tablespoon-full of the tincture of camphor; stir them together, and take a teaspoon-full morning, noon and night.

Another:—Take dried Indian turnip, four ounces, finely pulverized; gum myrrh one ounce, finely pulverized; aloes finely powdered, quarter of an ounce; opium 20 grains, pulverized; all well mixt in a pint of honey or molasses, and a teaspoon-full to be taken two or three times a-day.

Another syrup:—Four ounces of Indian turnip; one pound seneka snake root; half pound caskarilla bark, boiled in two gallons of water, down to half a gallon; then taken out, and half a pound liquorice, and an ounce of gum myrrh added, and boiled down to one quart; then made thick with honey, and two teaspoon-



fulls of lobelia stirred into it, and two or three teaspoon-fulls taken a-day.

In most of the above beers and syrups, and particularly where the cough is dry and painful, I put a small portion of lobelia. It is the best *expectorant* that I know any thing about. It must be remembered that in taking any of the above remedies, the doses must be increased or decreased to suit the strength of the patient and nature of the case, and not changing one preparation for another every day or two; but when you find you are benefitted by any one, continue the use of it for weeks or months, or at least as long as you see you are mending. If you do not perceive that you are benefitted by one, then change for some of the others. At the same time, you must take a pill about the size of a grape, of the *black tonic* medicine, night and morning. Many other remedies are highly recommended by physicians: such as calomel, blue pill, digitalis, tartar emetic, saltpetre, sweet spirits of nitre, elixir of vitriol, sulphate of copper, antimonial wine, blue vitriol, ipecac., prussic acid, sugar of lead, uva ursi, *tar-fumes*, squills, balsam copaiva, balsam of fir, Turlington's balsam, and perhaps a thousand other things! For you must recollect this is a lingering and dreadful malady, in which every body may have time and opportunity for *prescribing*. The tartar emetic may sometimes answer a good purpose in ointment, to *irritate* the external part of the breast, in the first stage of the complaint; and the ipecac. is next best to the lobelia for nauseating the stomach, and producing a discharge of matter from the lungs. It may be given, a teaspoon-full to each pint of water, and a tablespoon-full administered two or three times a-day, or given in honey, or syrup. I cannot advise blistering, unless it might be in the first stage, where there was great inflammation in the lungs. And as for bleeding, it is the most unreasonable course that can possibly be pointed out in this disease. The very physicians who advocate it, tell you that you find the patient with a small pulse; then, according to that principle, you

must draw blood to make it smaller! They also tell you, the blood in *consumption* is very *bad*; admit it to be so—by extracting blood, do you draw off the bad parts, and leave the good? No; if you could, it would then be proper to bleed copiously. But, by bleeding, every one knows that *more* than a proportional part of the good blood is discharged, and the morbid fluids left; because the most *sound* and *pure* parts of the blood must be in the most active state of circulation. If the blood and system contains *impurities*, (which I admit is the fact) our object should be to give medicines which will separate those *impurities* from the *pure* blood, and throw them to the external surface, and at the same time, increase the quantity of *sound blood*. By such means, you invigorate the system, and restore the patient. Thus we should not exhaust the patient by removing the only *vital* principle he possesses; but carefully preserve that *little spark of vitality* to build on. Suppose for a moment, that you have a very small fire, the coals of which are even of rotten wood; you are suffering with cold, and order your servant to make a hasty fire; which would be best, for him to add more sound fuel to those *coals*, or remove them all from the hearth, and strike a *new spark* to build on? Or if you occupy a room filled with a mixture of *impure* and *pure* air, in which there is a sufficiency of *pure* atmosphere to sustain life; which would you prefer, having all the air removed from your room, and a new supply of *pure, wholesome atmosphere* conveyed in after awhile, or to open your windows, and give the pure air free access to your room, and thereby gradually expel the impurities? These questions I think are easily solved. Hence we infer that no blood shall be drawn in *consumptions*. Flannel must be worn next the skin, and regular moderate exercise taken, and the mind kept in us cheerful a condition as possible. Fresh, pure air is proper; and the bowels may be kept regular, without heavy purging. (See my twelve Rules, page 74.) A warm or temperate climate is advisable; but I have little opinion

of long journies in general. They produce irregular habits in eating, drinking, sleeping, and using medicines; and often keep the mind in a high state of anxiety, about things left behind; all of which produce injuries rather than benefit. When copious night sweats, or what in *technical* language is called *colliquative* sweats take place, take every morning a grain or two of quinine, dissolved in a tablespoon-full of water, with three or four drops of elixir of vitriol in it;—in some instances, this dose may be repeated two or three times in the forenoon. If the bowels become laxative, which they sometimes do, opium must be used freely. And altho' it is a bad practice, yet in the last stage, when nothing else will check the flow of the bowels, a grain of sugar of lead may be given once or twice a-day, with opium or ipecac—this is choosing the least of two evils.

The above course, if properly pursued, will not miss curing one case in every hundred, unless the case is of the *hereditary taint*; and even then, it will not often miss. I will just say, that I believe *tartar emetic* to be the most *pernicious* article of medicine, that ever has been in common use in *Consumption*.

#### WHITE-SWELLINGS—(*Necrosis, or Caries.*)

Necrosis means the *mortified* bones, and *caries* means the *ulceration and rotting of bones*. There are two species of white-swellings: the first is the *common kind*, affecting and producing a *carious*, which means a rotten state of the bones any where between the joints; the second kind is *rheumatic*, and falls into the soft spongy ends of the bones at the joints. There are also two forms of this complaint: the first, or inflammatory form, or stage, is called *acute*, which means in *technical language*, *sharp, severely* painful and full of fever; the second form is called *chronic*, which means of long standing, with but little fever. Male children of the most active life, and best health, from 4 or 5, to 15 or 18, all over the world, are most subject to white swell-

ings; but the inhabitants of Northern climates are most liable; and all sexes may be attacked, from the time they can run about, up to 25 years old; after which age I have never known a case to occur. Cold is the cause of all white-swellings, and whenever they locate, they settle on the surface of the *bone*, between it and the membrane, or stripping called the *periosteum*, which surrounds all bones.

*Symptoms.*—White-swelling many times makes its attack (immediately after being over-heated, and cooling suddenly), with the appearance in general of inflammatory fever; which if left to *itself*, in a few days settles on some part of the limb; the part swells rapidly, with violent pain; and in this case frequently has a high *red color*, although it is called *white-swelling*. At other times, it attacks the part it settles on, and remains there from the first; very painful, in some instances of a whitish, sometimes of a reddish or flesh color; fever; thirst; flushed face, and suffused eyes, are the common appearances, with sometimes chilly feelings.

*Treatment.*—In the first stage, if the patient be stout, bleed copiously, and purge freely with cream of tartar, culver's root, may-apple root, Indian hemp, salts, or any thing that will produce copious *alvine*, or watery evacuations—this course will soon subdue inflammation. The instant you ascertain on what part of the limb the white-swelling is about to settle, which may be easily known by the pain and swelling; take 6 eggs, a pint of rye meal, and half a pound of fresh butter; work them together into a dough; put the mass into an oven; sit it on a very slow fire, and as the dough bakes gradually, the oil will run from it, and be received in the vessel. Rub this oil on the pained part four or five times a-day, with the hand, each time holding an iron over it as hot as the iron can be borne, for some time; occasionally rubbing the part with the hand. This remedy will scatter any white swelling, if not too far advanced. The part must also be frequently steamed over a vessel of bitter herbs, covering the part with a blanket or flannel, to keep the steam in. If the disease, from any cause, should not be scattered (discussed), and has the



appearance of coming to a head, in spite of all you can do, the remedies must be changed. Apply *lye* poultices constantly over the pain, almost strong enough to take off the skin; this will ease the pain, and bring the healing to a head in a short time. So soon as you think the swelled part has begun to form matter in it (which you will ascertain by its *puffy* appearance), it must be opened with a lancet, or what is called a *scalpel*, to the bone. Because as I have said before, the matter first forms on the surface of the bone, under the covering of the bone called the *pereostium*. And the part must be thus opened as soon as the matter begins to collect, before it becomes thick; for if it lies but a short time, it begins to injure the surface of the bone. If the tumor or swelling is on a deep seated part of the limb, insomuch that an abcess lancet will not easily reach through the muscle of the bone, wrap a little lint or cotton on the end of a probe, or a knitting pin will answer; put a bit of *vegetable caustic* on the end, which in a partial dissolved state, will stick to the lint; push it down to the bottom of the incision; or if the wound is made to the bone, which it must be if convenient, put the *caustic* in to the bone; if not to the bone, let your caustic be 20 or 30 minutes, till it has time to produce its effects; then put in more; in this manner proceed three or four times if necessary, till you reach the bone. These abcesses when first opened, discharge a thin yellowish matter, unless it be *discolored* by the *caustic*; but if the matter has lain too long on the bone, it becomes thick; and if the bone is injured, you will see mixt with the matter, small specks of oil, which is the marrow that exudes from the fine pores of the bone. After the matter is sufficiently discharged from the abcess, lay a small bit of lint or cotton on the mouth or orifice, and apply a large *lye* poultice, made very soft; this will stimulate the wound into lively action, and soon make it discharge healthy matter. If the incision is not made to the bone at first, you must use the *caustic* as above directed, and the *lye* poultice after it for several days,

till you reach the bone and discharge the matter. Then make a very weak *solution* by dissolving a little *caustic* in water, and inject some of it into the wound every day or two; this will produce a very copious discharge, if the solution is not too strong, and soon cause it to heal. But you must never try to heal it if the bone be seriously affected, till all the diseased bone is taken out. Where the mere surface of the bone is slightly affected, the little particles will often pass off with the discharge of matter, in small crumbles like sand, many times unperceived. After a healthy action of the wound is established, and you can feel loose pieces of bone, which may be done by introducing a *probe* or knitting-pin, with a little lint wrapt on the end of it, you can extract the pieces with a pair of *forcips*. But if the pieces are not easily gotten out, and seem fast, introduce a little *caustic* every day or two, till they become so loose that you can take them out; and they will, if not too large, many times be forced out with the discharge of matter. The caustic may either be dissolved strongly in water, and injected with a syringe, or put into the wound in little bits. Where the case has been treated properly at first, and the bone is but slightly diseased, by keeping a *tent* in the wound till it begins to heal next the bone, it will soon get well. While you are using large quantities of the *caustic*, care must be taken whenever there is not a *lye* poultice on it, to stop the orifice with a bit of cotton or lint, so as to keep the cold air out. If the wound appears very indolent, and you can find no loose bone in it, make a large plaster of *tar*, simmered down to such a consistence as will not melt from the heat of the flesh, and spread it on a thick piece of linen, and lay it on the wound, and continue it there for 15 or 20 days without taking it off, no matter how much it may run. But if it stops running, or seems like it would, take off the plaster; introduce the caustic, so as keep the orifice open till the internal part heals; and as the inside heals, you may also let it heal to the external part. You should examine, and if loose bone can

be felt any time, you must never let it heal till that is gotten out; still throwing in the *caustic* occasionally, to loosen the bone.

*Rheumatic kind.*—In this species, in the first stage, the same course must be pursued as directed in the first kind in its first stages. If it come to a head, a little *caustic* must be occasionally used; but a strong decoction of ivy leaves frequently injected, is preferable. It keeps up a longer stimulus in the part, and when the wound is indolent, excites a healthy inflammation. The ivy is not to be used where there is much inflammation in the wound. After the loose bones have been taken out in this case, as prescribed in the first, or if there can be none felt, apply the *tar plaster*, and many times in the *rheumatic* kind, it may be continued for months. It keeps up a proper action in the wound; makes it throw off, or *secrete* matter; keeps out cold; renders it easy, and greatly strengthens the part or limb; and 19 times in 20, effects a cure. Much care must be taken in opening wounds of this sort, for fear of injuring blood vessels; and also when you are feeling for loose bones. There requires also much care in the use of the *caustic*, lest you put in too much. But a small portion occasionally, produces the most *salutary effects* on a wound of this kind, of any thing known in medicine, altho' by persons, who from *ambition*, or *ignorance* of its virtues, it suffers sore *abuses*! A due portion, used at proper times, excites healthy action in the wound, and causes a flow of matter, in a manner superior to any thing else, and *peculiar* to itself alone. While there is much inflammation in the wound, but little exercise must be had; but after the inflammation subsides, the patient may take moderate exercise.

*Diets*—In the first stages must be light, and also at any time in the chronic stage, if the wound should become excited from any cause. But where the patient has become debilitated, give him plenty of the best you have, of a light nourishing kind, and he must take a pill of the *black medicine* night and morning, the size of a

pea. If his wounds become dry and indolent, or discharge an unhealthy matter, infuse dog-wood bark in warm water, and drink daily as much of the tea as the stomach will comfortably bear; and sometimes in this case, I make poultices of the dog-wood bark, and apply for a few days, and also wash the wound in the warm tea. Sometimes the wound stops running suddenly; becomes very painful, and throws the patient into a fever; I then steam the part frequently over bitter herbs, and give the dog-wood tea without weight or measure, which will set it to running.

In speaking of the excellent virtues of the *tar-plaster* on chronic wounds, I will observe that this kind of plaster might have been mentioned under the head of *Consumption*; for it is very useful, worn all over the breast in this complaint. If properly made, I believe it superior to the Burgundy Pitch plaster—besides, the *tar-plaster* costs you nothing.

---

### WARTS and CORNS.

After shaving them off almost or quite to the quick, apply the *vegetable caustic*, till the wart or corn is killed to the bottom; then wear a very loose shoe, with a little lint or cotton on the corn or wart for several days, so as to keep the part easy, and they will come out by the roots. This will cure any warts or corns; and on the whole, hurt you less than any other remedy. I have cured at least hundreds! The *lunar caustic*, called in the medical shops, *nitrate of silver*, will answer nearly as well.

---

### WHITLOWS.

When they are first felt, hold the part in strong *lye*, as hot as it can be borne, for half an hour, four or five times a-day, and then a strong poultice of *lye-mush* in the intervals, will stop almost any whitlow. So will holding it in hot spirits of turpentine in like manner, prevent it from coming to a head. When it comes to a head, stick a small lancet or even a needle, to the *bone*:



for *there* originates the matter, and put in a little *vegetable caustic* a time or two, and keep on a *lye poultice* a few days, and the cure is made. Never have the finger split or opened with any thing larger than a needle or lancet.

---

**FEVERS.**—*Febris* means fever; and *febres* means fevers.

The inhabitants of very few countries are entirely exempt from the attacks of fever, in some shape or other. In warm climates, and in low marshy, or low flat lands, fevers generally attack with the greatest violence, and continue the most obstinate. And there is also much greater danger of the patient's falling into extreme debility, with the same course of treatment, in a southern, than in a northern climate; because, in general, the system is more *vigorous* and able to bear the shock of disease, and use of remedies in the latter, than in the former. You often hear it said, that there is more danger for a person of *robust* habit and *sound* constitution to be attacked with fever, than one who is of weak constitution, or has had the disease before. But this is a very gross error, indeed; for I had rather have half a dozen patients of *sound*, than one of *weakly constitution*, in the first stage of fever. For you must vary your remedies, in some degree, to suit the *several infirmities* which existed in your patient previous to his attack with fever. Because when fever assails the *weakly*, you commonly find it operates with most violence on the *previously debilitated parts*—hence you will find it much more difficult to manage a case of fever, in which the liver, lungs, &c. are diseased.

---

### BILIOUS FEVER—(*Remittent Fever.*)

*Symptoms.*—The bilious fever generally comes on with a chilly feeling; head-ache; pain in the back; loss of strength and appetite; sometimes sickness and vomiting; soreness thro' the shoulders, body and limbs. As the cold feeling leaves you, the fever rises, and all your

pains increase; and from a small quick *pulse* it rises to a full hard quick *pulse*; the breath feels hot, and a bitter, unpleasant taste in the mouth, is common; the eyes look swelled, weak and watery, and in a short time, of a yellow tinge; the water is scant and high colored; the feet and hands begin to feel hot and dry; the fever abates a little in the latter part of the night or morning, but rises again in the evening; the bowels in the *forming* stage, are sometimes griped and laxative.

*Treatment.*—The first step is to empty the stomach; for this purpose, if the attack seems violent, or is advanced a few days, always give No. 1; and after vomiting has been encouraged sufficiently, give a little thin gruel or chicken water, and after the stomach takes a little rest from the puking, give No. 2 to open the bowels; if it should not open the bowels copiously, give a large dose of salts, or any active purging medicine. If the pulse feels strong, hard and full, after the stomach and bowels have been well cleansed, blood must be taken copiously; but remembering always to proportion the quantity of blood to the strength and constitution of the patient, and violence of the disease. If the fever has regular remissions, or in other words, rises regularly once a-day, the best plan is to give a good purge of No. 2, or whatever you choose, a few hours before the *paroxysm* or *rise* of the fever, so that the medicine shall have operated just before the *rise* of the fever, or that it may be in full operation when the fever is at its highest stage. This mode of administering medicine equalizes the system, and breaks the *spells* or paroxysms, much better than to give medicine just as the fever goes off; for you must remember there is more to be done by giving medicine at the proper time, than there is by the quantity. If the fever still continues to rise with violence, after meeting it with medicines as above directed, when the high stage or *paroxysm* as it is *technically* called, is on, draw blood very copiously, so as to lessen the pulse, and for the patient to fall into a slight perspiration or sweat. Thus, by keeping the bowels regu-

larly open, and very actively so after the rise of the fever, after having emptied the stomach two or three times with No. 1, or any other good *emetic* or puke, and by bleeding three or four times while the fever is at its highest, you will put a stop to the most violent and obstinate attacks of Bilious fever, in a few days. This thing of directing a certain portion of medicine to be given at night, or at any particular hour, without regard to the stage of fever, is *mere stuff*, and many times death! For if you give a dose of medicine in the remission, or as soon as a fit of fever subsides, it operates while the patient is in a state of *debility*, and having produced its depleting or debilitating influence on the system, at that weak *stage*, it only sinks nature, and gives the disease a proportional influence, in its returns or paroxysms. If the remissions of fever come on without regularity, several times a-day, after puking, purging and bleeding have been well tried for three or four days, you must resort to the warm-bath, or vapor bath, which must be employed from ten to fifteen or twenty minutes, every time the fever remits or ceases, and when the fever rises with great violence, use *cold affusions*, which means to throw on cold water, while the fever is at its highest. Thus using the warm-bath while the patient is chilly, and the cold-bath while he is parching with fever, you open the pores, equalize the circulation, and establish a regular action of the system. If the patient be of very weak habit, or has any diseased organ previous to the attack of fever, as the lungs, liver, stomach, spleen, &c., the *cold affusions* must be lightly used; *merely* sponging the face, breast, hands and feet, while the fever is high, with cold water or vinegar, will be sufficient; because if the cold applications are made all over him in great abundance, his system will hardly be able to re-act under the influence of its shock. And during this whole course, the bowels must be kept open with active purgatives, and the stomach kept in a state of *nausea* or *slight sickness* with a few grains of ipecac. and nitre, pulverized to-

gether, and given every hour or two—say two or three grains of the ipecac. and four or five of the nitre at a time; or a teaspoon-full of ipecac. may be put into a pint of warm water, and a tablespoon-full taken every hour. The white walnut pills, the may-apple and silk weed may be used instead of No. 2, in bilious fevers; cream of tartar has fine effects in this disease; it acts on the *biliary system*, on the *urinary* organs, and also on the skin; thus it throws off the bilious and other diseased matter, by the bowels, by the water-passage, and thro' the external pores of the body. Many times in bilious fever, the system appears to be laboring under extreme debility, when in fact it is *only* oppressed by the great quantity of *bilious* and other *crude matter* contained in the stomach and bowels. If this symptom appear, and there have been but few, or small evacuations from the bowels, you may know that your patient needs more free, active and copious purging, in place of a stimulus; then if you give No. 1, or any active purge that acts on the *bile system*, he will discharge great quantities of black offensive matter, and feel much relieved. As soon as you see the contents of the bowels changed, either from a thin watery, or a black bilious appearance, to that of a light green, of a tolerable thickness, you may suspend, or stop giving brisk purges; this rests, and gives your patient strength. But the anxiety of some persons leads them into an excess of purging, without knowing when to stop; for as long as the medicine excites the *liver* or *biliary system*, and makes it *secrete* or throw out *bile*, they will continue to give that medicine; this is an error in the extreme; for, many times, medicine which acts on the *liver* may cause it to throw out *bile*, till the system is completely exhausted by it. For you may take calomel or tartar emetic in any condition of health, and either of them will produce a great discharge of *bilious matter*, as long as you continue them, till the system falls into a complete *collapse*, or *irrecoverable debility*! After the fever is subdued, some mild laxatives must



still be given for a few days, just so as to keep up a regular state of the bowels, once a-day; this will prevent a recurrence of the fever. This may be done with small doses of cream of tartar, senna tea, rhubarb, aloes, silk-weed root, walnut pills or culver's powders. Or if the system be very weak and much sunk, just enough of the culver's root may be taken in a little good whiskey every morning, mixt or diluted with warm water; or weak toddy may be drank through the day, in sufficient quantity, so as not to throw the system into a fever. If bowel complaints, or what we call diarrhoeas come on, a teaspoon-full or two of Bateman's drops may be given, in proportion to strength, &c., in a tablespoon-full of castor oil. This may be repeated two or three times if necessary; sometimes a few grains of calomel may be given with fifteen or twenty drops of laudanum, or a portion of Bateman's drops may be given, and worked off three or four hours afterwards, with oil. If great weakness and profuse sweating takes place, a strong decoction of dog-wood bark and columbo root must be constantly drank, as much as the stomach will bear, or a few drops elixir vitriol taken.

*Diets*—In the first stage of bilious fever, must be little more than gruel; but if the stomach cannot take it, a little rice-gruel, thin chicken *tea*, whey, or a little milk and water drank, will be sufficient. Not a *bit* of grease nor solid food must be eaten, till the fever has completely subsided. Do not be afraid of starving; for I never have known a patient to starve to death in fever in my life; but I believe that hundreds eat themselves to death!! And yet you will hear the cry from multitudes, who ought to have more sense: "Oh! do take a little of this, that and every thing else, to strengthen you!" when they might well know, that the stomach could not digest so much; and if not digested, how in the name of God can it give strength? After the fever is completely stopt, the patient may begin gradually to increase the quantity and strength of his diets; observing to eat frequently, and but little at a time. In the

first stage of fever, the patient must have plenty of fresh cool air, unless while sweating. When the paroxysm is on, let him have as much cold air as he wants, by opening all your doors and windows, and placing him between them. Hundreds of medicines are recommended, many of which are used with great advantage in bilious fevers: such as calomel, in large doses; tartar emetic, sometimes both combined; sweet spirits of nitre; mercurial ointment; blisters; salts and Dover's powder. In the latter stages, elixir vitriol, peruvian barks, antimonial wine, &c. But the fact is, that more depends on the manner in which the medicines are employed in the first stage of fever, than all the rest. Emptying the stomach, then the bowels, and keeping up a brisk action on them till the fever abates, and the stools look natural, is the main object; and after this is done, also keeping up a gentle and healthy perspiration. If any purgatives should be slow in operating, do not wait on them; but as in other cases of torpid bowels, use injections of warm soap-suds, and sometimes thin gruel with a little lard and table salt in it. If a putrid state of the bowels takes place, give laudanum in large doses; strong dog-wood bark tea; three or four ounces of charcoal a-day; bathe in warm water; inject with warm soap-suds, and after you have checked it, work off the whole contents of the bowels with castor oil; after which a light stimulus may be kept up with weak toddy, and the bowels still kept gently open for a day or two, with culver's root, rhubarb, or any thing of the kind. While the system is in a condition which seems to tend to *putrescency*, sweating with the black snake root tea, is an excellent remedy. At any stage of the fever, where there is sickness at stomach, a soda or seidlitz powder may be drank. If the hands and feet become cold and dry, they must be rubbed with hot vinegar, or cataplasms of mustard seed applied to them; if they are hot, cold vinegar or cold water must be applied.

NERVOUS FEVER—(*Typhus Fever.*)

This may be distinguished from bilious or inflammatory fever, by the extreme debility which attends it from the very beginning, and also by the smallness and mostly hardness of the pulse. Sometimes it comes on very suddenly, with chills and flushes; loss of appetite; sickness at stomach; dizziness, and pain in the head; great weakness, and trembling of the hands. In some instances this fever comes on very slowly and gradually, with increasing weakness; constant dull heavy pain in the back of the head and eyes; the joints all feel weak and heavy; the bowels laxative, or very much bound; the pulse very irregular, yet hard and small; sometimes clammy and cold sensations, particularly of the hands and feet; at other times hot and dry; bad taste in the mouth, with a great accumulation of waxy, ill-tasted matter about the teeth and gums of a morning; restless nights, &c.

*Treatment.*—This is a fever of derangement and debility, as its name imports; and requires something in the first place to produce *reaction of the system*, and throw it into a state of regularity and *equilibrium*; and secondly, something to stimulate and keep up a certain *volumen of pulse*, and *general tone* of the whole system. Then in the first place, give No. 1, and encourage the paking by giving weak pepper tea, or very weak warm toddy; after sufficient vomiting is had, give No. 2 to empty the bowels; and in this fever, let me here tell you not to spare the injections of thin gruel, with table salt and lard, or soap-suds, till the bowels are completely emptied—for they are generally filled with hard black lumps, of the most offensive smell; and until they are discharged, the patient has no rest, apparently sinking into the most extreme debility; but as soon as the bowels are thoroughly evacuated, he is relieved, which will convince you that oppression from this offensive matter was the cause of his weakness. As soon as the bowels are sufficiently emptied, use No. 3; and while in the steam-bath, rub him all over with

warm strong vinegar—this opens the pores and stimulates the nervous system. The patient must not be kept in the bath more than 10 or 15 minutes at a time, but repeated several times thro' the day. If he seems very weak, and complains of a kind of *sinking* about the breast, give him weak, warm toddy, or a teaspoon-full of Bateman's drops, to drink while in the bath, or at any other time after the bowels are completely emptied. Nos. 1 and 2 must be repeated till the feverish symptoms are abated. If the hands and feet are cold and dry, soft soap and mustard seed made into plasters, must be applied to the soles of the feet, and insides of the ankles; also to the wrists and hands; or red pepper in spirits will answer. If great pain is felt in the head, which puking, purging and bathing do not remove, a blister must be applied to the lower part of the back of the neck, and one over the stomach; for you will recollect, I have told you that the stomach is the seat of sympathy—hence you may know that the pain in the head in this case, owes its origin to a diseased condition of the stomach. If spasms occur, and many times in extremely debilitated cases, it will be right to rub the feet, legs, arms and hands with camphor, and if they are very cold, with red pepper in spirits, and a little of the pepper tea may be taken inwardly; so may small portions of the camphor, particularly in *winter typhus fevers*. After the fever is subdued, and the circulation and the whole system equalized, all that is necessary then, will be to keep up that *tone of regularity* by a little toddy made of french brandy or good whiskey, a little red pepper tea; the constant use of dog wood bark and yellow poplar bark tea; and occasionally a teaspoon-full of Bateman's drops, or a little opium or laudanum. A pill of the black medicine must also be taken night and morning, the size of a pea. If the patient lingers with a dry crusty skin, and diarrhea of the bowels, pulverize seneka snake root and sulphur, equal parts, and give a pill of it mixt with honey, night and morning, as large as a large bullet; and at the same



time make a decoction of dog-wood bark, yellow poplar and black haw root, and let him drink it freely every day; occasionally, if necessary, giving a little rhubarb at night, to gently open the bowels. In some cases of nervous fever, when the patient is about to sink into a *collapse*, which will be known by (as the patient calls it) a sinking at the breast; general feebleness, or extreme prostration of the whole system; commonly a derangement of the mind; hard, small, irregular pulse; foul tongue, mouth, &c. Laudanum, opium, or Bateman's drops, or weak toddy, or wine, must be given in small doses frequently, so as to keep up as much *tone* of the system as nature will reasonably bear. And in this condition, I have often seen the greatest benefit derived from applying *lye poultices* from the bottoms of the feet up to the knees, and even to the waist, and on the hands and arms. These applications stimulate the nervous system in a proper action. Camphor in small doses, given either by itself, or in combination with laudanum, or in warm teas, answers admirably; particularly in cases which first made their attack in an inflammatory way. The *quinine* in this, as well as in other fevers, is seldom given amiss, in the low stages. In doses of from three to four grains in a spoon-full of good port or claret wine, every hour, till the system is sufficiently raised; or it may be given in the same quantity in a teaspoon-full of Bateman's drops, or a little camphor, or in warm teas, or even in warm water; 20 or 30 drops of hartshorn in water, is very good in this stage. In many instances of *typhus fever*, where great dullness and stupor prevails, cold water frequently thrown on the head, is an excellent remedy, in the first stages particularly. I might enumerate a great many remedies in this disease, such as bleeding, *salivation*, &c. &c. But you will have little use for many remedies, if you pursue my directions in the onset of the disease. As to bleeding in this kind of fever, it is possible that it may be beneficial in a small degree, where the patient is young, robust and full of blood, when

either an *inflammatory* or a *congestive* condition takes place. You all know what an inflammatory state means; and *congestion* in *technical language* means a collection of blood or other fluids in some part, so as to over-distend the vessels and check their motion; and if blood be taken in any fever, it must be done while the fever is on. In fevers, the patient should not be prohibited from water, whenever he wants it; but it must be taken in moderate portions, lest it overpowers the stomach, and diminishes the general heat too much!

*Diets* must be light, the same as in bilious fevers.

### AGUE and FEVER, or INTERMITTENT FEVER—(*Febris Intermittens.*)

This complaint is divided into the every day ague, called quotidian;—the second day ague, called tertian (pronounced *ter-shun*)—and the third day ague, called quartan ague. The second day, or tertian ague, is most common in the spring of the year. The inhabitants of all countries in which the waters go dry in their channels, or recede from bottoms, or evaporate from marshes or prairies in the summer or fall, are liable to ague and fever.

*Symptoms.*—For several days, a dull, heavy, or stupid feeling; loss of appetite; stretching, gaping, &c., or as it is commonly expressed, a “very lazy feeling,” and aching in the head, back, and all the limbs; sometimes chilly, and sometimes flushes of fever; but after a few days, a heavy shake or chill comes on, followed by a fever; at other times, a chill or shake comes on suddenly, followed by a fever of some length; and next, second or third day, owing to its kind, the chill and fever recur again.

*Treatment.*—If the ague attacks a robust sound person suddenly, I take a considerable portion of blood while the fever is on; and I will here remark that blood never must be drawn in any case of fever, *while the high stage is off*; nor a *puke* nor *purge* given *while it is on*. After the fever goes off, I give No. 1 in sufficient quantity to produce copious vomiting; then give No. 2, so as to operate awhile before the next shake begins; so that when the chills make their attack, the system is

prepared to receive five grains of *quinine* in forty or fifty drops of laudanum, or Bateman's drops; and as the chill approaches, I have any of the sweating teas under No. 3 ready warm, and let the patient lie down or sit by the fire, and drink them every time he wants water, or oftener if his stomach will bear them; this will keep up a high state of perspiration through the course of the chill, and greatly lessen the fever that follows. After this course I repeat No. 1 and 2, and after the stomach and bowels are cleansed, commence giving the *quinine* in a little tincture of camphor, or any thing the patient chooses, in doses of from three to six grains, every hour, till a fever begins to rise; or if the chill comes on, I give the *quinine* and laudanum as first directed, and keep the patient sweating. A few days' use of the *quinine* in this way, will stop any ague and fever at first. I prescribe the *quinine*, because it is the most prompt and certain of any remedy known to the medical world; and altho' it is a costly medicine, you had better give 50 cents for what will cure you, than to be lingering on hand till it costs you a large bill, and perhaps your *life* into the bargain; and do not be afraid of giving too much while the constitution is strong, and while the fever is off. You may begin early in the morning, with 3, 4, 5 or 6 grains, and repeat the dose every hour till the fever or chill approaches; and I have even given 8 or 10 grains every hour, for five or six hours. But the patient's stomach and bowels must be freed from all their irritating contents, before it is given, else it excites fever, and does *injury*. If the *quinine* cannot be had, make a strong decoction of the culver's root and dog-wood bark, equal parts, or either alone, must be drank constantly while the fever is off, as much as the stomach will bear. But the culver's root is the next best to the *quinine* of any thing I know of. The above course will stop the ague in any sound constitution, without having more than the second shake. I have not tried the steam-bath; but I am certain in my mind, that if the patient be placed in it at the approach

of the chill, with the use of the remedies I have prescribed. it will assist greatly in the arrest of the shake. When the case is of long standing, and a cake in the side, which is commonly an enlargement of the liver or spleen, take a hand-full culver's root, a hand-full black haw root bark, a few seneka snake roots: bruise and put them into good spirits, and drink it in sufficient quantity daily, to keep the bowels laxative. Stew fresh butter or neat's foot oil, with red pepper, buds of balm of Gilead, the buds of *old man* or southern-wood; then squeeze or strain out the materials, and add a little spirits of turpentine or hartshorn to the ointment, and rub the part over the cake three or four times a-day, holding a hot iron over it every time. Hard cider drank every morning, will be of great service in these *chronic* cases: and I always give the *black tonic medicine* in pills to suit the strength of the patient, night and morning. And if the chills still recur in these old stages, I pursue the same course as first directed—varying the several remedies, however, agreeably to strength, &c. In this kind of fever, I object to any thing in the shape of *cold-bath*; because, if there be a diseased organ, as the liver, stomach, spleen, &c. (which in chronic cases there mostly is) the *cold-bath* overpowers the system so that it cannot re-act under *its* shock: consequently the patient is thrown into a chill, and seriously injured. But the warm or steam-bath properly managed, is very salutary.

*Diets*—In the first stage of this disease, must be of the lightest kind; the error in diet will bring on the ague after it has been stopt several days; so will exposure to damp, or night air. In the latter stages, the diets must be light but nourishing, and in small portions, taken frequently, and flannel worn next the skin. Many remedies are in use among medical men, such as tartar emetic, antimonial wine, frequent doses of calomel, &c. and in the advanced stages, peruvian barks, camphor, sander's web, cherry bark, &c. The only thing to be carefully attended to in the administration of quinine,



is not to give it when the fever is on, or when the stomach and bowels contain *bilious* or other *irritating matter*; and be sure to give enough of it in the intermission of the fever.

This disease sometimes falls into a typhus or *nervous* state: then the same remedies may be used that are prescribed in other nervous fevers. In this work. In low cases of this kind, the most violent hiccups sometimes take place; then give fine sulphur, two or three tablespoon-fulls, one at a time. If this will not stop them, give a grain of musk in twenty or thirty drops of laudanum, every hour for three or four hours.

## FEMALE DISEASES.

We now come to speak of Woman; the master-piece of Nature's work! She is a composition of sympathetic tenderness, whose heart is ever open, and whose hand of *charity* is ever extended to the distressed and *afflicted*! and after all, without the assistance of this *lovely angel*, the greatest hero in medicine would be a mere *blank* in his profession! Because, every medical man must and will acknowledge, that in almost all complaints, one half of the success depends on *good nursing*; and every *high-minded, honorable* physician, will readily admit that no being on earth is so competent to that task, as woman—who is so *indefatigable, so cheerful, so vigilant and affectionate*!! No person should be a physician or a nurse, without being possessed of the most tender *sympathetic feelings*, and at the same time, of the most *firm and rational fortitude*! Where is the *cold, relentless heart*, that can extend a warm and benevolent hand in the administration of medicines? A man who has suffered much *severe affliction*, can readily sympathize with every feeling of his patient. This induces and enables him to trace every symptom of the disease; and of course makes him the more successful in his profession. I well know from *sad experience* in sickness, that before I ever had been much afflicted, my feelings for the sick were not half so tender as they now are. For the instant I enter the room of the sick, however carefully I may cover my feelings with that air of cheerful *serenity and fortitude* which is due to my profession, yet the past scenes of my own and the present afflictions, crowd instantly on my mind, and rouse the most tender cords of my sympathy!! How much more ready, then, is the kind female, whose misfortune it is by nature, to be subjected to such a vast variety of distressing complaints, to sympathize with her fellow-beings!

**MONTHLY COURSES—**(*Menses, or Catamenia.*)

The age at which this discharge first takes place in females, depends on various circumstances—on *climates*, general health and growth of the girl, her habits and situation in life; and there also appears to be some peculiarity in families, in this respect. In England and other countries of that latitude, girls seldom begin to *menstruate* under the age of 16 or 18; in Lapland, and other extreme cold climates, at 20 or 25; while in Italy, and the southern parts of North America, &c. they often begin at nine or ten years old. In the temperate climates, the most usual age is from 12 to 16, at which period the voice and features are changed, and a more sprightly, pleasing air of deportment, is manifested in most girls.

Exposure to cold, hard labor, sudden changes of weather, recovering imperfectly from *mumps, measles, fevers, &c.*, may cause what is called *suppression of the monthly courses*, or prevent them from coming on at the proper time of life. At this age, mothers should be very careful of their daughters; they should neither exercise too much nor too little. The *menses*, many times, in girls of perfect health and constitution, will come on without the least pain, and almost imperceptible—while others feel much dullness and languor; head-ache; sickness at stomach, and the most excruciating pain in the back and hips. Some girls will have a small *show*, and perhaps it will be six or eight months before it appears again, even in girls of tolerable health; but this is a bad sign, and should not pass unnoticed. Something should be done after the first time, to encourage the return of the discharge at the end of the month, or at most in five or six weeks; for altho' there may be no discharge at that time, yet at the end of four or five weeks after the first *menstrual flow*, there will generally be some unpleasant sensations felt. If the girl be stout and full of blood, and head-ache, with other feverish symptoms appear, a little blood should be taken, and a light purge or two given of No.

2, or cream of tartar, &c.; but do not give salts in this case; for they carry off so great a flow of watery matter, that it lessens the circulation, and checks the surplus flow of blood, which nature intends to be thrown to the womb. If the menses come on too slowly, or too scant in weakly girls, never bleed; but encourage the *menses* by giving the *black tonic* in pills as large as a pea, or larger, night and morning; and at the proper period for them to come on, you may give a light purge of ipecac., followed by a little culver's root purge, or may apple, or cream of tartar in very light doses; and bathe the feet frequently in warm water, and drink pennyroyal, horse-mint, or catnip teas, warm, with a little Bateman's drops in them. Some females never have the monthly flow while they suckle a child; but most healthy women begin to *menstruate* after the child is from six to ten months old. There are some who breed very fast, that never have a flow from the birth of one child to another; and I have seen a few, who had regular monthly periods on them thro' the whole course of pregnancy; but this is a very *rare* occurrence. But it is not very uncommon for young robust women to make two or three smart *shows* after she is two or three months advanced in pregnancy. The quantity of blood in different women, discharged at their monthly periods, varies very much—in some but an ounce or two, and in others from twelve to fifteen or twenty. And the length of time which it continues, is also very different; with some but a day or two, while with others it is 8 or 10. At this time, *weakly women* particularly, should use every precaution to avoid taking cold—for this lays the foundation for thousands of *consumptions*! They should not even sit over a cold night-pot; but have it warm, or filled with warm water, so that they may be benefitted by the steam; and country females should be careful about keeping their feet dry, and not sit down to obey the calls of nature over the cold wet ground. Sitting in *garden* or *back-houses* in cold weather, which are open underneath, is very dangerous;



changing clothes, &c. The passions should never be excited in any way, while the *menses* are on; for there is nothing which has a much more pernicious influence, at that time.

### SUPPRESSION of the MENSES; and PAINFUL and SCANT MENSTRUATION.

The first of these complaints is called *Amenorrhœa*, and the second is called *Dysmenorrhœa*. A *suppression* or *amenorrhœa* means an entire stoppage or obstruction of the menses, after they have once been established without being pregnant, or before it is the time of life at which they should cease; and *dysmenorrhœa* means a very *scant and painful menstruation*.

*Treatment*—of these complaints must be nearly similar; for they both proceed from the same causes, which is a derangement of some part, or the whole system. Then the first object is, to remove the *obstruction*, wherever it may be, restore general health, and the effect ceases. For this purpose, give No. 1, in proportion to strength and circumstances; let No. 2 follow in like manner; this produces general action on the whole system, and from the close sympathy which exists between the stomach and womb, the latter is roused into proper action; then if a total obstruction of the menses exists, give a pill of the *black medicine*, night and morning, the size of a common summer grape; and at the same time, if the stomach or system will bear spirits well, put half an ounce of gum myrrh; quarter of an ounce of gum guaiacum, and half an ounce of aloes, pulverized, into a quart of good spirits of any sort, or into that amount of wine; shake them together two or three days, and take a tablespoon-full, more or less, to suit the patient. This course in a few weeks or months will bring on a *healthy state of the menses*. This drink may be taken alone, or the pills either, alternately, if you choose, for a week or two. An ounce of horse-radish root, bruised; a hand-full of hart-leaves, and a hand-full of sour-wood buds, put into a quart of spirits or wine, and

used in like manner, will sometimes bring on the monthly courses in a few weeks or months. The gum myrrh, one ounce; seneka snake root, half an ounce; pleurisy root, one ounce; iron dust, half an ounce, used in the same way, is almost a sure remedy in any case. The gum myrrh, one ounce; seneka snake root, half ounce; iron dust, quarter of an ounce, mixt with honey, made into pills the size of a pea, or larger, and taken night and morning, is equal to almost any thing.

All the above remedies, either alone, or together, in any shape, are good. In *dysmenorrhœa*, or in any painful case of *menses*, never bleed; but empty the bowels if necessary (not with salts), but any other mild purge; then give sweating teas: pennyroyal, mint, ginger, pepper, horse-mint, black, or seneka snake root, which you please; let the patient bathe the feet in warm water, go to bed, and apply cloths wrung out of hot water, to the bottom of the belly; and if the pain is very violent, give a spoon-full of Bateman's drops in some of the teas, or 40 drops of laudanum, or a pill of opium; and let her, if she has need to be up, sit over the chamber-pot filled with warm ashes and water, spruce pine tops, cedar tops, &c.; this will give ease. After this course, begin your remedies, and continue them till the next monthly course.

*Diets*—must be very light, but nourishing; moderate exercise taken, and all exposures avoided, and flannel worn next the skin. At any time that hysterical symptoms appear, a little pill of assafoetida, or a few drops of essence of pepper-mint may be taken; and for heart-burn, see that chapter.

### WHITES—(called by the two names *Fluor Albus* and *Leucorrhœa*.)

*Symptoms*.—General weakness mostly prevails; but some women are subject to this complaint, who other-ways have tolerable health. A discharge from the birth-place (vagina) of various colors—sometimes white, resembling the white of an egg, sometimes yellow and thick; then of a briny appearance,

taking the skin as it passes; and sometimes looks like whey and curds, sometimes passes in great quantities, at other times but very little. It very often precedes the *menstrual* discharge for several days, in some; and in others, follows that *period* in great abundance for a week. In this complaint, sometimes there is a greenish or dark green colored matter discharged, and the flesh assumes a whitish, soft, flabby appearance; sometimes bloated; then it is divided from *Fluor Albus*, and called Green-sickness (*Chlorosis*), pronounced *clorosis*. The only difference of treatment in them, is, that *Chlorosis* is always a disease of extreme debility, and *Fluor Albus* is sometimes not.

*Treatment.*—The bowels may be emptied with No. 1, or the culver's root, cream of tartar, or oil; then give the black medicine night and morning, in pills the size of a bullet; and at the same time make a constant drink of the yard-weed tea, tolerably strong, say two or three glasses a-day; and dissolve a teaspoon-full of white vitriol in a pint of water, and squirt or inject it up the birth-place four or five times a-day with a *female syringe*, which will not cost you more than 25 cents at any shop; sugar of lead may be used in the same manner; or 15 or 20 drops of oil of vitriol dropt into a pint of water may be used in the same way. If they do not produce a slight sense of heat about the mouth of the womb, they may be made a little stronger; saltpetre dissolved in water, so as to produce the same sensation, is a very good injection in some cases; and allum also. But allum is better given inwardly, about five or six grains, or what will lie on the point of a common large pen-knife, pulverized, with half the quantity of ipecac. night and morning. Balsam copaiva dropt on a bit of loaf sugar, 30 drops morning and night, is a very certain remedy if persisted in a few weeks; and if it acts on the bowels, a few drops of laudanum with it at night. The balsam of fir, the same quantity taken in like manner, is equally good. If the patient be costive (which is mostly the case), the bowels must be kept open, if the *black medicine* does not do it, with small pills of walnut extract, or aloes and rhubarb in small pills occasionally. If the lips of the *privates* become

swelled and tender (which they often do), they must be washed frequently with an infusion of gum myrrh, and a little thrown up the birth-place, very weak; washing or bathing the parts in warm soap-suds or warm water, is good; or even many times squirting up warm milk and water; or a strong decoction of red root; of oak bark, and also of the wild allum root, called in *technical phrase*, *Geranium Maculatum*. A teaspoon-full of sweet spirits of nitre taken in a little water three or four times a-day, is very good in whites.

*In Green-sickness*, the black medicine is a great remedy; and the elixir vitriol may be taken, from 10 to 20 drops in a little water every morning, and the same injections used. The steam-bath occasionally, a few minutes, at a low *temperature* may be used, and flannel worn next the skin in both cases.

*Falling of the Womb*, called *Prolapsus Uteri*, is sometimes the cause of *Whites* and *Green-sickness*; in such cases, use the same medicines, inwardly, and the injections; but go to a well-read, intelligent physician, and get him to instruct you how to use what is called a pessary, which is a round piece of wood with a hole in it, pushed up the birth-place, in order to hold up the womb, when it inclines to come down into the birth-place. I will just say, that common turpentine pills are good in the above complaints, or a few drops of the oil or spirits of turpentine, used in the manner I have directed the balsam.

*Diets*—must be regular, light, bountiful and nourishing. Exercise very moderate, never so as to fatigue the patient; long standing, stooping, lifting, &c., must be carefully avoided. And as for *nocturnal embraces*, if you have a husband, I know it will be a troublesome matter; but you must avoid them *as much as possible*.

---

### FLOODING—(*Menorrhagia*, or *Uterine Hemorrhage*)

Under this head, I shall treat of all *immoderate* discharges of blood from the womb, although not strictly *classical*.



*Treatment.*—Where menses become immoderate, or too great, little more is necessary than to keep very *quiet and cool*, using nothing very warm or stimulating. If the female is of very *weak habit*, the above course, with a pill of opium, 20 or 30 drops of laudanum, or a teaspoon-full of Bateman's drops; and if the bowels are not in good order, a light dose of cream of tartar or oil, just to open the bowels once or twice, will be all sufficient. A little acid drink, such as lime juice or syrup, in water, lemonade, &c., may be drank as a cooling *beverage* in such cases; or water made pleasantly sour with elixir vitriol, drank occasionally, will answer admirably. If flooding comes on suddenly and violently, the patient must lie as quietly as possible, mostly on her back, with her head and shoulders as low, or lower than her waist; and if stout and full of blood, take some from the arm, and keep the bed and room as cool as she feels comfortable under. Give red root tea in large draughts, cold, with a little allum dissolved in it; or mother-wort or yarrow tea, cold, must be drank constantly. Cloths wet in cold water, must be constantly applied to the lower part of the belly, and between the thighs; if this does not stop it, and the case appears alarming, wet fine cloths, lint or cotton in cold water, in which you have dissolved sugar of lead and allum, and push them up the birth-place; frequently changing them, so as to keep them cold. Persist in this course, and there is but little danger. But I have sometimes had to give the sugar of lead inwardly—one or two grains may be given every hour, either by itself, or combined with opium; with allum root (geraneum), or with any of the above teas. If the patient is weakly in this alarming case, a quiet position as above directed, must be taken; if the drinks above directed do not stop it, cold wet cloths must be applied as above, and something warm kept to the feet; this produces equal balance or circulation, which is frequently all that is necessary in weakly females. Or if she has a weak irregular pulse, give a tablespoon-full of Bateman's drops, or 30 or 40 drops

of laudanum; this will soon produce an *equilibrium* of the system, and your object is effected. She may drink of the cold water made pleasantly sour with oil of vitriol or the elixir. If this does not stop it, give 2 or 3 grains of aloes with 5 or 6 of alum, every hour for four or five hours; or the aloes may be given with half a grain of opium, or with a grain of sugar of lead, in the same way; or with half a grain of ipecac. If the bowels are the least bound, use glysters made of milk and water, with a tablespoon-full of lard to each one, nearly cold. After emptying the contents of the bowels with the above glysters, then throw up a glyster made of thin gruel, soup, or milk and water, with a little Bateman's drops or laudanum in it; this eases the bowels and womb, and quiets the whole *nervous* and *arterial* systems. When flooding takes place with females who are about to cease *menstruating* owing to their age, the same course as above prescribed must be pursued, having due regard to her constitution and habit; and treat her, if she be weakly, as I have directed in such cases; and on the other hand, to the contrary. In all cases of weakly women, I give the black medicine, to brace the system against the next attack; and in robust habits, at the next approach of the menses, I take blood, and keep the bowels moderately open with something that is gentle and cooling. At the age at which the menses leaves females, a constant drink of wild ipecac. and aloes in spirits, say one or two drams a-day, to keep the bowels in order, and the black medicine in common size pills night and morning, for some time, will answer.

---

#### MENSES or COURSES—CESSATION OF.

The word *menses* is derived from *mensis*, which means a month—hence the time of the *discharge* is called the monthly courses of women. As soon as this period arrives in girls, they are commonly capable of becoming with child, but never before; and at the time of life at which the menses cease agreeably to nature, they are

no longer susceptible of conceiving or bearing children. The commencement of the *menses* and *cessation*, are both very critical times of life, indeed! If this period occurs at an early age in girls, it is apt to leave them at 40 years of age, sometimes under; those who do not begin to *menstruate* early, or who have good health, may *menstruate* till they are 45, and some till 50, or over. The most common time of life for the *menses* to *cease*, is between 42 and 47.

*Treatment.*—In this case the remedies must be on general principles, for there can be no specific remedy pointed out. There is not a direct *cure* in view; because it is a change of *nature and constitution*, through which the female must pass. It is nothing more nor less than sailing down the *current of life*; and the best pilot you can employ, will guide you most safely thro'! If you are fleshy and full of blood, it may be necessary when the monthly period comes on, to draw a little; but I must confess that I am mostly opposed to bleeding after the *meridion of life*, unless in very extreme cases. The bowels must be kept constantly regular, with culver's root, silk weed, walnut pills, cream of tartar; and salts may be used at this period of life, in full habits. When you feel the approach of the symptoms, always have the bowels actively opened, using glysters of a mild nature afterwards; if there is much pain, a little laudanum may be added to the glysters. The silk weed or culver's root, or wild ipecac. may be put into spirits, or infused in warm water, or in wine, and drank in such quantities as will keep the bowels gently open. If the patient be of weakly habit, the stomach and bowels may be emptied with the above remedies, and the *tonic* under No. 5 may be used, or the *black tonic* may be taken from one spell to another; for the main object in such constitutions, is to keep up the general strength and health as regularly as possible. When the painful *spells* come on in weakly women, they must use glysters of thin gruel, or milk and water, so as to open the bowels gently, with laudanum or Bateman's drops in them. The steam-bath in the *intervals* occasionally, on any sort of constitution, will be necessary, and very beneficial; and very much so on robust women, at the time the change or *show* comes on them, after opening the bowels. The rattle-weed root and star root, taken in spirits, in the intervals, in cases which come on at long periods, and make but *scant shows*, is an excellent remedy. •Injections up the birth-place frequently with warm milk or warm water, are very serviceable; but *astrin-*

gent articles must never be used; neither must any thing be thrown up cold, for fear of producing spasms, or taking cold. Bathing the feet in warm water, is proper, and flannel should be worn next the skin, particularly on weakly females. Aloes, rhubarb, and even calomel in small doses, may sometimes be given. The wild ipecac. taken in spirits, wine or water, so as to keep the bowels gently open, is one among the best commonplace medicines; it acts as a tonic, and on the liver in a proper manner, at the same time that it regulates the bowels. In gross habits, sometimes ulcers break out on various parts of the body, which indicate danger. In such cases, very active purges should be constantly used, with light diets, and they will mostly disappear after a few weeks or months. But if ulcers come on the legs, and are deep seated and obstinate, do not try to dry them up, but apply the *tar-plaster* (see under white-swelling,) and keep the bowels open. But if the female be weakly, improve the health by nourishing diets, regular and moderate exercise and the *black medicine*, or any other strengthening articles, and the sores will often heal of themselves.

### SIGNS of PREGNANCY, and DISEASES.

Young, healthy women may commonly know they are pregnant, by the menses not returning at the proper period; and in a short time the breasts feel more plump, and turn of a darker color round the nipple; the lower part of the belly also rises, and fills up about the navel; sickness at the stomach, of mornings especially; loss of, or irregular appetite; tooth or jaw-ache; very often a soreness or uneasiness about the stomach and breast; feebleness, and fluttering at the heart; the pulse of all pregnant women becomes more active, and unnatural cravings for food or something to eat, are almost certain to take place; and the whole features and countenance of all women (but it is more readily perceived in young females in their first pregnancy) undergoes a peculiar change; the face looks more gross and full in general, but in some it assumes a peculiar sharpness, which is *indescribable*; the face of many women becomes partially covered with a kind of yellowish brown spots or blotches; a weakness about the back and loins, is often a symptom; and some females' bowels are always irregular, either costive or laxative; a drowsy, heavy feeling is very common, and sour belching, or *eructation*, of the stomach, headache, dizziness, heartburn, &c. Those who suckle and do not menstruate, will have to judge by other signs than the stoppage of the menses. Some women, from their anxiety to have children, frequently deceive themselves with all their



signs, before the end of the third, or first of the fourth month, at which time the child is capable of motion, or as it is called *quickens*. At this period, there is but little difficulty of knowing the fact; but previous to this time, all signs are somewhat doubtful. In the first few weeks of pregnancy, the mouth of the womb may be easily felt with the end of the finger in the birth-place, and is found closed up with a thick, *glucy kind of mucous matter*; whereas, in an unimpregnated state of women, who have had children before, the mouth of the womb is open, so as to receive in general the end of the finger. Most females become very irritable and peevish during their whole pregnancy. Thus the minds of females seem to undergo a thorough change in most cases, as well as their physical appearance. In many instances they are almost in a state of *insanity*; or at least they are deprived of a great portion of the proper exercise of their reasons—hence, while in a state of pregnancy, every female should endeavor to govern her passions, so as to make herself as cheerful and happy as possible; and their friends and companions should extend every reasonable indulgence to them in humoring their many whims. No burthen of fatigue, either of body or mind, should be put on them. Moderate, regular exercise should be taken, and suitable diets always provided.

*Sickness at Stomach.*—The stomach must be occasionally emptied with a little ipecac., or a dose of castor oil, cream of tartar, or any light purge may be given. If this does not relieve the sickness, a little ginger, mint, or balm tea may be drank of a morning, alone, or in wine or spirits. A few drops of essence of pepper-mint every morning in a little wine or water, will give relief. If the patient be weakly and of costive habit, warm glysters must be used occasionally, made of thin gruel, with a little lard or warm milk. A bitter may be taken, of orange peel, columbo, gentian and wild cherry bark every morning. If the patient is of gross or full habit, bleeding every three or four weeks, and a cooling purge is necessary; and it matters not whether you take the blood from the arm or foot.

*Heart-burn.*—This is a very common and troublesome complaint among females while with child, for the treatment of which look under the head of heart-burn (page 289), and also for colics (see page 189).

*Cramps*, and pains in the side, hip, &c., can mostly be relieved by keeping the bowels in a healthy condition, or if the person be of full habit, bleeding occasionally. Powdered brimstone worn round the legs, is very good to prevent cramps in pregnancy, and rubbing them with hot vinegar, pepper in whiskey, cam-

phor and hartshorn, are all excellent to prevent cramps in such cases.

*Desire to make water (Enuresis) or incontinence of Urine.*—This is most troublesome in the latter months of pregnancy, but it sometimes occurs in the first months. It is owing to an increased action or irritable state of the womb after conception, together with the bladder, rectum, and consequently costiveness, &c. In this case, light purgatives of oil, senna tea, and such like must be used, so as to keep the bowels regularly open; but never give salts, for they increase the excitement of the parts, and do much harm. Warm glysters of milk and water, or slippery-elm bark tea, must be thrown up the fundament three or four times a-day; this gives great relief; and sitting over a tub or pot of warm water every time she wants to make water, gives great ease, and lessens the inflammatory condition of the womb, &c.

*Suppression or stoppage of Water, (Dysuria, or Strangury).*—This affliction is produced by the weight and enlargement of the womb, crowding and pressing on the *water bladder*; and you often find in this case, a falling of the womb (*prolapsus uteri*). Gentle purges and warm glysters may be used as above; and if the female is full of blood, some may be taken. Cream of tartar will be the best in this case; but oil, senna, or any thing that is cooling, and will open the bowels gently, may be given; and the patient may lie on her back or side, or get on her all-fours, and in this way she can make water; but the womb, if down, must be pushed up with the finger or hand before she tries. If she cannot then pass water, get a catheter, which is a silver or elastic gum tube about the size of a goose-quill, about six inches long, with two curves or bends in it, with a wire in it, and full of little holes at the end that goes in. This is to be oiled and put easily up the water passage, holding it so as for these bends to run first downwards and then upwards a little, till it reaches the water bladder, which is only two or three inches; then let the catheter lie still, and draw out the wire; this process will start the water to running from the bladder. Any female, or her husband can perform this simple operation, without suffering great pain in waiting for medical aid, or *perhaps paying some imprudent unskilful fellow who bears the title of "Doctor," to be stretching and fingering about the very seat of virtue and modesty!*

*Flooding* may come on in pregnancy; and I refer you then to that head for the treatment, which is very full and plain.

*Piles* will be found very satisfactorily treated under that head. I make these references, because it would be useless to treat of the same diseases twice in one book.

*Miscarriage, Abortion and Premature Labor.*

According to the strict system in these cases, *miscarriage* means the loss of a child, or what is called by medical men, a *fœtus*, any time before the end of the third month. *Abortion*—means the loss of it at any time before the end of the seventh month; and *Premature Labor*—means the loss of it any time between the seventh and last end of the ninth month. But the terms *Abortion* and *Miscarriage* are commonly both used to mean the delivery of the child at any time so early that it cannot live. *Miscarriage* is most apt to occur between the eighth and latter end of the twelfth week of pregnancy; and the misfortune is, that a female who once miscarries at this time, is very liable to it ever after, at the same period. Women of *weak* and *delicate* constitutions, and those of *city lives*, indolent habits and irritable temper, are most subject to miscarriages; also those of very active habits, who oppress themselves with hard labor; and those of very tender, sympathetic feelings, or whose passions are easily roused in any way—hence every thing of the kind must be carefully avoided; and such as visiting friends or persons in great distress, sudden frights; reports of deaths; frightful tales, and the sight of frightful objects of all sorts, must not be indulged in.

*Signs of Miscarriage.*—Commonly an uneasy or unpleasant feeling takes place about the back and loins; a dull heavy sensation about the womb; in the early stages of pregnancy, the morning sickness leaves you suddenly; and in the advanced stages, you are apt to feel more more nausea than usual at stomach, with an inactive state of the bowels; or else an uneasiness, as if wind was passing through them; sometimes chills and flushes of heat are felt; after a day or so, the breasts feel more soft and flabby, and a kind of bloody water oozes from the birth-place; but occasionally in some, smart quantities of blood are discharged. After several days, the belly seems to fall and hang more heavy, and you are apt to feel a drawing or pulling when you

walk or stand, in your back and hips, of considerable weight. If the child be carried some weeks, the discharge from the birth-place becomes very offensive, or stops altogether, and you lose your appetite, and a general feverish condition of the system follows, with very costive bowels.

I will here mention an extraordinary case of a Mrs. Nisbet, a highly respectable and amiable lady of Alabama, whom I attended. As near as she could ascertain, the child had been dead near six weeks, and it was then near the end of her nine months, when I first visited her. From the circumstance of not feeling the child move, &c., she and myself were both conscious that it was dead; although she had felt but little inconvenience during the five or six weeks, and her *breasts* and *abdomen* had undergone no change at all; neither had there been the slightest discharge of any kind from the birth-place. Yet from every other circumstance and appearance, I thought proper to give her medicine which would cause the expulsion of the child. I did so; and she was *easily* delivered of a child in perfect shape, and full size, up to the time of its death, which was enclosed in a very strong kind of sac, or bladder-like substance, which the child had filled as tightly as it could be, which had certainly stopt the growth of the child, and been the cause of its death! and which had also been the cause of nothing having been discharged from the womb!

If slight symptoms of *miscarriage* or *abortion* appear, without a belief that the child is dead, every possible means must be used to prevent the loss of the child. Blood must be drawn, if she is of full habit, or has a strong, full, hard pulse; and the bowels emptied immediately, with oil, senna tea, or salts, or any gentle purge; and do not forget in this case to use glysters of thin gruel, with a little lard, fresh butter oil in them; or sweet milk and water will answer; they must be as near blood-warm as possible. The steam or warm-bath must be used *very lightly*, not with the intention of pro-



*fuse sweating*, but merely to *equalize the circulation*. Put a hand-full of *wild cherry bark*, *columbo root*, and *tansy*, each; infuse them in warm water, and when cool, make it the constant drink; or the *tansy* alone will answer; and bruise the *tansy*; and wear it in a belt round the waist. The patient must keep perfectly *quiet*, mostly in bed for a few days.

*Diets*—must be very light and nourishing, and of such a kind as will not bind the bowels. The *black medicine* must be given in small pills morning and night, especially if she be of weak habit, for the main object will be to keep up regular circulation and perspiration, which will directly restore an equal state of the system. If she have cold hands and feet, they must be rubbed with cloths wrung out of warm vinegar, and the lower part of the belly rubbed with sweet oil or fresh butter; and warm bricks or irons laid to the feet. If very restless at night from weakness, after the above remedies have been properly employed, a dose of Bate-mon's drops in proportion to strength, must be given, in any kind of warm tea, or laudanum, or a pill of opium; and a little laudanum may be thrown up the fundament, with the glysters occasionally, if there is much pain in the lower part of the belly. Sickness of the stomach, at any time, may be relieved by a soda or seidlitz powder, (see page 159;) or a very few drops of essence of pepper-mint, or weak ginger tea, lemonade or lime juice, diluted and made pleasantly sweet, will answer. Sometimes a teaspoon-full of fine powdered brimstone, a little magnesia or prepared chalk; or a little good vinegar made very weak with water, will do. A little weak *sangaree* or brandy toddy will be very good for weakly females. If all this will not prevent the loss of the child, you must treat this case as far as is necessary at the time of delivery and afterwards, as you do at the natural birth of the child. If flooding takes place, I have already referred you to that head. If you find that the child is dead, and not likely to be expelled, I

need not tell you the necessity of having the most skillful *midwife*, or *medical aid* as speedily as possible.

### NATURAL LABOR.

But few women are mistaken in *true labor pains*, especially those who have borne children. The motion of the child, which irritates and causes a contraction of the womb, almost always produces a discharge of mucous a slimy matter, somewhat like the white of an egg, (tho' often colored with blood) from the birth-place; as the pains increase, this commonly continues to be thrown out, and it seems as if nature has designed it for softening and lubricating those tender and delicate parts, on which she has thrown so great a burthen. At first, there are considerable intervals between the pains; but they increase both in frequency and violence. She mostly wants to make water, and the bowels are much pained and griped; chills and flushes; sickness at stomach, and wind frequently thrown up from the stomach; the most violent pains are felt in the back and loins, "as if coming to pieces," as they mostly express it. Great restlessness and anxiety takes place in labor, peculiar to itself alone, which is *indescribable*.

When called to a woman at the commencement of labor, you are not to rush in and lay hands on her hastily; because this puts a shock on her; but go *mildly, cheeafully and affectionately*, and examine her pulse; for many women of full gross habit, will do much better to have a moderate portion of blood taken at this time; and others who are more weakly, sometimes require a mild stimulant to keep their nervous system up. If the bowels are bound, or have been for a day or two, a dose of castor oil or senna tea, with a glyster of warm milk and water, will give great relief. By these precautionary steps, you soothe and encourage the mind of your patient; prevent injuries, and greatly facilitate her labor. The urine should always be strictly attended to, for if the bladder be filled with water during *labor*, it renders it much more painful, and in some degree ob-

structs the passage of the child. Do not be alarmed if vomiting takes place in the first stage of labor; it assists in relaxing the whole system, and opening the mouth of the womb. The first labor of most women is apt to be most tedious. If you have any doubt whether the woman be in *true labor* or not, you must examine, first oiling your finger, and *slowly* and *tenderly* introducing it up the birth-place, till the mouth of the womb is felt, and if it is opened or *dilated* during the pain, you may know she is *truly in labor*. When this fact is satisfactorily ascertained, the common practice among physicians is, to lay the woman in bed, on her left side, with her back at the front side of the bed, and next the *midwife* or *operator*; then let the woman draw up her legs, and lay a pillow or two between the knees and thighs, so as to keep them sufficiently wide for the child to pass; this puts the operator in a very convenient position for using his right hand, with which he bears or pushes against the part between the fundament and the birth-place (perineum) at every pain—this supports and prevents that part from tearing, which is no uncommon occurrence, if badly managed. But as to this position for the woman in labor, I am always disposed to give her the choice of lying, sitting on the knees of another, or *even* standing up, if she chooses; because, there is just as much difference in the notions and feelings of females in their position at their time of delivery, as any thing else on earth. One prefers lying; another sitting, and a third perhaps standing, supported by her friends. In fact, you will find a majority who prefer sitting, which is certainly the most natural and easy, when properly placed. Besides, when in a sitting posture a woman may even be raised, and her position changed occasionally, before her labor is too far advanced, which is very relieving to her anxious feelings. In this stage of labor, there must be few examinations made. Many *officious* and *self-important* midwives, *literally feel* and *scratch* the lives out of many women and children; it only irritates the parts, and renders the

first stage of *labor* much more *tedious*! For by the pain produced in this way, many times the mouth of the womb entirely contracts, or closes. The pains in the first stage, while the mouth of the womb is opening or *dilating*, are much more grinding than they are afterwards. There is a membrane, or bladder-like substance in the womb in pregnancy, which contains the child and a considerable quantity of water. As the first stage passes off, and the second stage advances, (which you will know by the very violent efforts of nature in what are called *bearing-down pains*) this *membrane* or bag of water protrudes thro' the mouth of the womb, forced down by the head of the child, and *bursts*. This is what you hear *midwives* call "the breaking of the water." If this water passes soon after the beginning of labor, the labor is apt to be more hard and *grinding*. Now in the second stage, the head descends rapidly at every *bearing-down pain*, and soon fills the basin or *pelvis*, and begins to rest on the soft parts of the mother, which ends this stage of labor; during which time, great support must be given by the midwife, in pushing with the palm, or soft part of her hand against the *perineum*, which I told you, is that narrow part between the lower part of the birth-place and the fundament, or anus. *This part* must be very carefully attended to, for it is very easily torn, which laceration or tearing, connects the whole opening of the fundament and birth-place; and when done, can never be remedied; but leaves the poor innocent woman in the most unpleasant and *miserable condition* through life. The second is always the most alarming stage, to midwives of but little experience; the great discharge of water, and the *powerful efforts of nature*, with the rapid descent of the child's head, and the frightful appearance of the *woman*, to a new hand at the business, "looks mightily like a ship in a storm." Now you must be calm, and let your patient rest a little, which she will do, if you are not *picking and pulling* at the child's head. Give her water, or satisfy any other reasonable



request she may make. But in this case, you must have every thing ready for dressing, &c., for, many times (and particularly when the child is very small) labor will now be over in a few minutes; and if this stage should prove slow and *tedious*, our great object is to quiet every fear of the patient, and rouse every hope, by every thing that is cheerful, and keeping the room in a perfectly comfortable condition; if the weather be cold, regulate the room to suit the feelings of the patient; and if warm, do not shut up all the windows and smother her to death; but give free air. Tell no frightful *anecdotes* nor *death-tales* in her hearing; and above all things on earth, do not suffer any whispering in the room, or sight of the patient. I had as soon have a *platoon of double-barrelled muskets* fired off in the presence of my patient, as to see *half-a-dozen old women* whispering and blowing round a sick room, so as to be heard fifty yards. ✕

In this stage, while pushing against the *perineum*, you must not shove the part directly in towards the body, but gently bear it up towards the upper part of the birth-place; and if the mucous or *slimy* discharge from the womb does not keep this part *softened*, you must rub oil or lard on the *perineum*, and round the lips of the privates.

The third stage of labor begins at the time the child's head starts through the external part of the birth place, and soon makes its appearance "into the world," as the old ladies say. In this stage, you must be very particular in supporting the *perineum*, as I have above directed you. When the pains come on with great violence and rapidity in this stage, you must push gently against the *perineum*, in a manner, rather to retard than to hasten labor; especially if the child seems to be coming too fast; and after its head has appeared, here is a time for the exercise of *fortitude, patience and care*. Speak mildly and cheering to your patient; let her take a little rest, and a few more pains will have completed the delivery. The hand must be gently pressed on the

*perineum*, bearing it somewhat upwards, as I told you before: this position of the hand must be continued till the hips and thighs have passed the mouth of the birth-place; at the same time, a fine apron or cloth must be spread over your lap to receive the child, if the woman is sitting; but if lying, you may receive it on the pillow, or hold a fine cloth in your left hand, while you make the pressure with your right, and the child is now safely born. Let it and the mother lie perfectly quiet for a few minutes, till the child breathes, and the cord ceases to beat, which extends from the child's navel to the after-birth (*placenta*), which is yet left in the womb. After this cord (which is called the *umbilical cord*) ceases its pulsation, tie a couple of soft strings, say 3 or 4 strans of sewing thread twisted together; one about two or three inches from the belly of the child, and the other two or three inches from that, and cut the cord in two, between them. The after birth or *placenta* is yet to come away: you must therefore take hold of the end of the navel-cord where you have cut it, and move it very gently, but do not pull it; and nature will shortly make an effort, and expel the after-birth. But if this effort is not made in the course of half an hour, or two hours at most, you may take the end of the cord in the left hand, and follow the cord with the fore-finger of the right hand, up the birth-place, and if you readily feel the root of the cord, or the *placenta*, you may be sure there is but little danger; be patient, and by gently rubbing on the lower part of the belly with your hand; at the same time, (not pulling) but lightly moving the navel-cord; and letting the woman blow in her hand to assist the bearing-down, Nature will contract the womb, and throw out the after-birth. But if you cannot reach the after-birth with your finger, and nature seems quiet on the subject, you had best examine further; and if the after-birth seems fast to the womb, take a part of it softly into the fingers, and press it gently, still using the above mild means; and if nature seems remiss in her office, you may gather the after birth

slowly into your fingers, and as you do this, nature will separate the *placenta* from the womb, and throw it all into the hand, or expel it. I have been speaking as to a tolerably safe *practitioner*; but here let me entreat you, if you have had no experience in such cases, call in some one who has, immediately, and receive instructions. When the after-birth is delivered, a handkerchief or broad band must be drawn round the woman's belly, agreeably tight, and she laid quietly into a bed prepared for her reception. Now you may give her some refreshment, such as water, sangaree, weak toddy, weak cordial, or light panada, if she wants it; and then let her lie quiet, and sleep if she can, not *talking her to death*, by fifty folks coming forward, one after any other, and asking more questions than a well person could answer in a week! A little refreshing *beverage* or drink may be given her at any time, and particularly between the delivery of the child, and that of the after-birth. During the attention to the mother in taking the after-birth, (which is called the fourth stage of labor) the child must be dressed; a piece of lint must be laid on the navel, and a band drawn round the body; then wash the face with a little warm milk and water, and put a thin soft piece of cotton muslin next the skin, as I have told you at page 49, and flannel over it: and for its food see page 34, under the head food. But do not be rubbing and scrubbing the little tender infant for half an hour in spirits, or hot water; this is an old fashion, and a very *erroneous one*; for you must know that the skin of such infants is very tender, and easily excited into some disease, which is often the case; but few people think of this being the cause of the child's sickness.

If *Flooding* takes place at *delivery*, treat it as I have directed under that head.

---

*Cleansing of Women*—(*Lochia*), pronounced LOKEAH.

This is a discharge which takes place from the wombs of women after the birth of a child, and continues

four or five days. It is mixt with blood and the *water*, fluid called *serum*, and after a few days, if the woman is not healthy, this discharge turns of a greenish color, and sometimes stops too suddenly or too soon—this must be strictly attended to. The *privates* must be kept clean, by wiping them with fine dry cloths, or washing them with cloths wet in warm milk or water. If the discharge stops too suddenly, cloths wrung out of warm water must be constantly applied to the lower part of the belly, and warm glysters of milk and water thrown up the fundament, and the same injected up the birth-place, several times a-day; a light dose of castor oil taken; and after the bowels are emptied, warm teas, such as balm, thyme, pennyroyal, &c., taken; and if she is in pain, a little Bateman's drops or laudanum in them, just so as to produce gentle sweating. She must also sit over a *night-pot* with warm water in it, every time she goes to stool or make water, and bathe her feet in water a little above blood-heat; draw on warm stockings immediately, and lie down. If this does not bring on the discharge, I always give a gentle puke, say No. 1, or the ipecac. alone; which with the above remedies, and frequently injecting up the birth-place with warm milk and water, will be sufficient; for you must constantly bear in mind the great and direct sympathy between the stomach and womb.

*After-pains* might have been mentioned immediately after the birth of the child; however, if they come on violently, give a tablespoon-full of Bateman's drops, 30 or 40 drops of laudanum, or a pill of opium; and apply cloths wrung out of hot water to the lower part of the belly, and if the bowels are not sufficiently empty, throw up the fundament thin gruel with lard or oil in it, so as to discharge their contents; then throw up some more, with a little laudanum in it; this will give certain relief. A dose of oil, senna tea, or cream of tartar (but not salts), should be taken the next, or second day after delivery, to prevent fevers.



BREASTS—(*Mammæ*,) and DISEASES OF.

The milk after the birth of the child, commonly rises in the breasts about the third or fourth day. But if she has flooded very much, not so soon; and if she has lost but little blood, it rises sooner. However, there is a vast difference in women in this respect; for some women have milk at the birth, or a few hours after. In order to encourage the *rise* (secretion) of the milk, and also to exercise the child about a day after its birth, if there is no appearance of milk, the breasts and nipples must be washed with warm water, and the child frequently put to them, till the milk appears. Where the milk is long before it *rises* the whole system is apt to be thrown into a feverish condition, which is known by the name of the

*Milk Fever*.—This, by some, is called "*puerperal fever*," which is a very improper name; which you will find well explained under the head *Puerperal, or child-bed fever*. This milk fever is produced from the change or revolution which the system undergoes in secreting, or throwing the milk into the *glands* of the breasts; which overpowers or over-distends *them*, insomuch that there is a slight inflammation excited in the breasts, that sometimes extends throughout the system. As soon as any thing of this kind appears, give a tablespoon-full of cream of tartar in half a tumbler of warm water; or oil may answer; but I will here remark, and I want you to do *both yourself and me*, the favor to remember it at least, till you make the trial of it, that cream of tartar (to most women) is the best purge that can be used after the birth of a child; because, it not only readily and easily opens the bowels; opens the pores of the skin; causes a secretion of *bile*; allays thirst, and keeps up the *tone* of the stomach, bowels and nerves; but as the *genital* and *urinary organs* are always more or less concerned in cases of this kind, there is nothing that acts so happily and salutary on them as the cream of tartar; and it and all other articles should be given to women in this situation in warm water, or

something warm, and but little cold water drank after it; this course prevents *griping and pain*. If this does not relieve, repeat the dose a time or two, and use warm *glysters* made of flax-seed or thin gruel; bathe the feet in warm water, and if the breasts become swelled and tender, apply mole skins or fine rabbit skins, with the fur next them; or if they cannot be had, very fine wool carded into bats will answer; remembering first to grease the breasts with fresh butter, sweet oil, or neat's foot oil—this keeps up perspiration on the breasts, prevents inflammation, and assists in bringing the milk. After all this, if the inflammation still increases in the breasts, dissolve the bigness of the end of your finger of sugar of lead in each pint of strong vinegar; wet cloths in it, and keep them constantly applied all over the breasts; this will almost *infallibly* prevent their coming to a head; but if you see that it cannot be prevented, boil white shumac root bark, in sweet milk; thicken it with flour, and keep it constantly on the breasts; observing to spread thin oil of any kind over the face of the poultice every time it is laid on. This will draw the tumor to a head with great ease, and sufficiently fast. The roots of pond or swamp lily is also very good, and so is flax-seed poultices. Do not open the breast till it is fully *ripe* as it is called; for if you do, it is very painful, and keeps it sore much longer. After the breast is opened, put a tent of lint into the orifice, and apply the same kind of poultices as above, made very thin and light, till the breast is well; drawing the tent once or twice a-day, or oftener, till the matter is discharged, then putting it in again; for if it closes up too soon, you will have it to open again, and perhaps again! A plaster of bees-wax and lard, equal parts, is tolerably good worn on the breast after the inflammation has well subsided.

*Sore Nipples*.—Take equal parts of mutton or deer's suet, bees-wax, and spirits of turpentine, or common turpentine; simmer them well together, and keep plasters constantly on the nipples; or lint wet in a decoction

of equal parts chesnut leaves, brier root, and pine tops or bark, will cure almost any sore nipples.

---

### SWELLED LEG—(*Phlegmasia Dolens*.)

This disease makes its attacks any time from the day after delivery, up to 15 or 18 days. It is caused by the absoaption of unhealthy and acrid matter from the womb and birth-place (vagina). In this opinion I am sustained by Dr. Denman and others. The patient complains of *stiffness* about the groin, belly and thigh, and great pain in moving the limb; generally swelling of the lips of the privates on the side takes place; the whole limb swells, and general fever, or inflammatory condition ensues.

*Treatment.*—Take the patient through my course of medicine the first thing; in addition to which, frequently use injections of warm milk and water, or very weak soap-suds up the birth-place; and if she be of full habit, blood must be taken, particularly if she has had but a small *lochial discharge*, which discharge I have already explained. When she is not in the bath, cloths wrung out of hot vinegar must be frequently applied to the swelled limb, (or if you cannot get that) hot water will answer. Sitting over a night-pot with hot water in it, will also be very beneficial. This course will give relief in almost every case; for the whole *cure* depends on restoring the womb to a healthy action, and restoring healthy perspiration to the general system.

*Diets* light and drinks cooling.

---

### CHILD-BED FEVER—(*Puerperal Fever*.)

This fever is caused by some unhealthy state of the *womb* after delivery, from *which* morbid or acrid matter is absorbed into the system. This fact is clearly established from the circumstance of the first and most prominent symptom being a soreness and pain in the womb. And although this complaint is sometimes *epidemic* among *lying-in* women, yet it does not disprove the above assertion; because the same causes, or pecu-

*liar* condition of the *air*, which produce the *deranged* state of the womb in one, may produce it in all of the same town or section of country, whose constitutions and circumstances in life are similar.

*Symptoms.*—A chill, or rigorous state of the system; soreness about the womb; fever soon follows, and mostly ceases in a *profuse sweat*; pain and giddiness, with ringing in the ears; the pulse rises very high, but commonly small; the milk ceases to flow into the breasts, and they become flabby; the bowels costive, but soon followed with *diarrhea* or *lax*; and the belly swells and is very sore. This fever makes its attack in general, between the fourth and tenth day, but sometimes before, or after; the tongue at first looks dry and white; but as the inflammatory symptoms subside, if the fever inclines to fall into the typhus *form* (which it often does, if not well managed), the tongue becomes covered with a dark brown coat.

*Treatment.*—As soon as this fever shows itself, if the chill is on, give some warm teas, such as balm, sage, &c., and when the fever *rises*, if the patient be fleshy and stout, take a proper portion of blood; give warm glysters of thin gruel immediately, with lard or oil to them, if she be the least costive, and keep repeating them till the contents of the lower bowels are passed off; at the same time, throw warm milk and water up the birth-place with a squirt or syringe, till the birth-place is completely washed out; for here lies the *very seat of the disease*. After the fever goes off, and she rests a little, give No. 1, and empty the stomach well; this rouses the whole system, and excites proper action in the womb, from *sympathy*. After vomiting, give a little gruel, chicken or beef tea, or any thing to rest the stomach a little; then give No. 2, or a tablespoon-full of cream of tartar, in half a glass of warm water: or a dose of culver's or may apple root, or the walnut pills. or senna tea, in sufficient quantity to open the bowels mildly. When this is done, throw up glysters of slippery-elm, flax-seed, or marsh mallow root, with 30 or



40 drops of laudanum in it, nearly cool; this will give her rest and quietude, during which time, you must apply cloths wrung out of hot water (or vinegar if you have it) to the swelled part of the belly; not forgetting to squirt up the birth-place warm milk and water, weak soap-suds, or weak camomile tea; this relaxes the womb, and causes it to *throw off*, or in medical phrase, to *secrete* the improper fluids of which it must be relieved. If the first course has not sufficiently abated the fever, repeat it again (except the bleeding), of which you will be the judge, from the strength, constitution, and fullness and hardness of the pulse. You must remember, however, not to give a puke nor purge when the fever is very high; neither too soon after its abatement. Nor must you draw blood in this or any other fever, only when the *spell* or as it is *technically* called, *paroxysm*, is at its highest. If you give a purge of any value while the fever is high, the exciting influence of the medicine, added to that of the fever, overpowers the system so that nature can hardly support under it as the fever goes off. And if you give medicine too soon after the abatement of fever, the medicine has a corresponding influence with the disease, to keep the system sinking. Then you must remember to give pukes and purges a few hours before you expect the return of the high stage of fever, so that they may be done operating just before it comes on; or a purge will answer an excellent purpose to be in full operation at the time the paroxysm is on. The steam-bath may be used lightly, as soon as the *febrile* symptoms have fully subsided; and warm strengthening teas given, or a little sangaree, or very weak warm toddy. In this kind of fever, I never use salts, unless it be the *Rockelle*, which is a *vegetable* medicine. Oil answers very well, if the stomach will bear it; the soda or seidlitz powders may be used once or twice a day in any stage, and the cream of tartar had best be taken every day in the first stage, so as to keep the bowels gently laxative. The feet must be frequent-

ly bathed in warm water, and carefully dried with a warm cloth.

*Typhus stage.*—When this form occurs, the bowels must be opened a day or two in succession, with half the portion of No. 2, or more if necessary, and the soap-suds, warm, frequently thrown up the fundament. The first doses must be followed by oil, cream of tartar, or something of the kind, if *requisite*. After which, good wine, with about a teaspoon-full of *quinine* to each pint, may be given, a tablespoon-full 4 or 5 time a-day, or oftener; beginning when the system is perfectly free from fever, and giving it every hour till you see the system begins to be excited; or weak toddy may be given in like manner; or the columbo root, wild cherry and dog-wood bark, equal parts, may be infused in warm water, and as much drank thro' the day as the stomach will reasonably bear; or an infusion of the columbo and a small portion of the culver's root may be used in the same way.

If the skin is dry and crusty, and a gentle warm, or steam-bath does not change it, give a teaspoon-full of fine sulphur every night. However, I always give a pill of the black medicine night and morning, the size of a grape, which will commonly effect the object, and at the same time greatly increase the whole *tone* of the system. In the employment of pukes, you must remember in all cases to enquire, and know whether your patient has any weak inward organ, such as the lungs, liver, milt, &c., and if she has, she will seldom bear a puke without cramps, or injury in those parts; for the great commotion which its operation produces is too powerful on the weak part, in proportion to the balance of the system. Persons of both sexes, of ruddy complexion, with broad full breasts, generally bear vomits with little or no difficulty. If *profuse sweats* come on from debility, give from 10 to 30 drops of elixir vitriol, morning and noon, in half a wine-glass or more of water, and use the dog-wood and columbo in decoction. A bladder filled with hot water, must be laid between the thighs at the birth-place when the woman is in bed, and the belly and small of the back frequently rubbed with sweet oil and laudanum or camphor mixt, where the belly is much swelled and pained. *Diets*—In the first stage, must be light; but now you must give something very nourishing, and easy of digestion.

## TREATMENT OF STILL-BORN INFANTS

*(Suspended Animation.)*

Children are frequently born apparently lifeless, which is many times caused by the tightness in passing thro' the *pelvis* or basin, from the pressure of the bones of that part on the head of the child. If this is the case, just let the child remain unseparated from the navel-string, with its body warmly wrapt up, and its face and head exposed to the free air, and it will soon breathe. But if it be a feeble child, and its lifeless state seems to be produced from some other cause than the above, do not handle it rudely, or throw it about in any way; wrap it up, and let it lie quiet, with its head and mouth to the air, and if there be any *mucous* or phlegm in its mouth, take it out with the finger. Do not sever it from the cord till the *pulse* or beating ceases; cleanse the nostrils, and apply a little camphor, hartshorn, spirits, or warm vinegar to them, and to the mouth; then blow your breath into its mouth, closing the nostrils, and immediately after, press on its breast or chest, making as near as you can, the motion produced by the lungs. If it does not show life till the after-birth comes away, lay the after-birth instantly on a shovel-full of live coals of fire, and take the child to a door or window, where it can get fresh air, and repeat the operation above directed, and rub its face, breast, hands and feet with hot vinegar, keeping the body warmly wrapt, or immersed into warm water, if you can get it ready. Putting the placenta on the fire is far preferable to putting it into hot water; and another thing is, that the fire is always ready, and the child might be lost before you could prepare the hot water. I have told you how to dress the child in a former chapter.

*Navel.*—The best mode of treatment is to take a piece of soft linen, cut a hole in it large enough for the end of the navel-cord to pass through; grease the cloth with tallow; lay it on; let the string come through the hole, and wrap the end up in the other part of the cloth. In a few days the navel-string *sloughs off*—then all that is necessary, is to keep a bit of lint or soft linen to it, greased with tallow, and the bandage drawn tolerably tight round the belly.

*Costiveness.*—If the child has nothing to pass thro' its bowels in a day or two, give it a teaspoon-full or two of sweet oil, or a little senna tea, sweetened with manna or molasses, or a teaspoon-full of castor oil will do. Peach blossom tea, sweetened, and rose tea, are both excellent. Some children are of such habits, that I have been compelled to use the above remedies, with warm glysters of milk and water, two or three spoon-fulls

at a time, together with the warm-bath occasionally, almost every day for several months, and have saved the lives of the most puny infants on earth by it.

*Stopt Nose*—called Snuffles, which is nothing but a little cold; give a teaspoon-full or two of sweet or castor oil, to open the bowels; and rub the nose and face with a cloth wrung out of warm vinegar and water; grease the breast, stomach, and soles of the feet with warm tallow, and hold it to the fire, and the feet also. After the bowels are opened, give it a little finely powdered sulphur—this will give the most satisfactory relief, and many times prevent a severe attack of the *Croup*.

*Sore Breasts*.—Young children's breasts sometimes swell, as if they would *beal*, and fill up with a thin fluid resembling milk. Do not squeeze them; but wet bits of flannel in warm vinegar, and lay them on frequently; or flannel wet with thin oil, laid on warm, will many times answer. If these remedies do not relieve, small light poultices of sour-milk and flour, wet with lard, laid on warm; or a poultice of flour and lard alone, is valuable.

*Thrush (Aphthæ)*.—This complaint is very common among infants or small children, owing to a foul state of the stomach and bowels; little white curdly spots or ulcers appear in the mouth and down the throat, growing worse; sometimes becoming very large, and of very angry and obstinate form. I have many times seen it go on down the throat and bowels, and show itself at the fundament. First, give a dose of castor oil; or infuse rhubarb in hot water, and give enough of the tea, sweetened with honey, to open the bowels two or three times. This last is the best purge for young children; or peach flower tea, or sweet oil and magnesia mixt, will answer very well. Take a hand-full of black-berry or dew-berry root; a hand-full of persimmon bark; a hand-full of sage, and *scorched dirt* from the *back-wall*; boil them 30 minutes in half a gallon of water; take them out; strain off, and put in allum and honey; wash the mouth and throat four or five times a day, by wrapping a fine cloth round the finger, and dipping it into the wash; this will cure any *Thrush*. Borax may be used instead of allum. A piece of *fat*, rusty salt bacon, rubbed in the mouth several times a-day, will cure almost any case. Vinegar, with salt and honey in it, is excellent in some old cases of *Thrush*, as a wash or gargle.

*Yellow Gum*—or a yellow tinge, which comes on most young children; after a few days resembling *jaundice*. Give it an infusion of rhubarb or roses, so as to open the bowels; bathe it up to its neck in warm water, three or four times; rub its breast and



belly with flannel, wet in weak warm vinegar, a few times, and you relieve your child.

*Red Gum.*—Small red or yellow colored pimples break out on the face, neck, and often over the body, containing a watery fluid. The child appears sore; in handling it about, it frequently screams, as if pins were sticking in it. Give an infusion of rhubarb, peach flowers, or roses, or castor oil, to open the bowels; then give from a half to a whole teaspoon-full of fine sulphur every day, in a little ground ivy tea, sweetened with honey; this keeps the complaint out, which is all that is necessary.

*Sore Eyes.*—Wash them with warm breast-milk, half a dozen times a-day; and if the child is costive, open its bowels with peach flower tea, or any thing of the kind; for it often depends on a bad state of the bowels. If this does not cure in a few days, set half a pint of new milk on the fire; put into it a teaspoon-full of pulverized allum; as soon as the curd separates, take it off; strain it, and wash the eyes with the whey, blood-warm; or take common tan-ooze, strain it through a fine cloth, and wash the eyes with it, warm, frequently—these remedies will soon cure. The green tea makes a good wash; borax may be used also; but do not go to bathing the little tender eyes with every sort of strong, or cold applications, lest you ruin them.

*Colics*—Are often produced by over-feeding and suckling small children, and sometimes by costive bowels, and frequently taking them out of warm rooms into the cold air, or playing with them in an open current of air, in windows while they are warm, or putting damp, or cold clothes on them; all of which causes must be avoided. If the stomach is over-loaded, give a few drops of essence of pepper-mint in warm tea, or oil of pennyroyal, in like manner; or calamus tea; or a few drops of anise oil; or a tea made of it, or sweet fennel seed, will answer; but if these do not give ease, give it an infusion of ipecac., just enough to make it throw up the contents of its stomach, and it is *instantly* relieved. If *costive* bowels are the cause, give senna tea, oil, or an infusion of rhubarb (which last remedy I prefer for children), enough to open the bowels a time or two, and your desire is obtained. If from exposure to cold, or *check of perspiration* from any of the above causes, you must give a few Bateman's drops immediately, in a little mild warm tea. Because these drops are abused by some, who suffer their prejudices to counteract their best reason, *merely to oppose patent medicines*, do not be *biassed* by such opinions; but make the trial, and you will find them productive of as much benefit among children, and as little *evil*, as any one article in the medical line. My object is, always, to point out the

best and safest remedies, regardless of authors of those remedies, or other men's conflicting opinions. This is doing justice to the inventor of the medicine; to myself and my patient; and above all, to my God, in whom I trust, for every good result in my profession.

In this kind of colic, you must use the warm-bath, if the first remedy fails; or rub sweet oil, or fresh butter and camphor on its belly and stomach, and hold the child near the fire. In very full habits, I often use the warm-bath, and draw blood by cupping between the shoulders. If the bowels are griped and pained, apply cloths wet in hot vinegar or laudanum, to the belly.

*Bowel Complaints*—are produced from various causes, and must be treated accordingly. If brought on by cold, or improper food taken into the stomach, you will readily give relief with a gentle purge of oil, senna tea, rose tea, or rhubarb and magnesia, say equal parts, from 3 or 4, to 5 or 6 grains each; because I am here supposing the child to be several months old, for obstinate bowel-complaints seldom come on at an earlier period. After cleansing the bowels well, if there seems to be no fever, boil a hand-full of the inside of sweet gum bark, in sweet milk, and give for its principal diet or drink, and give the black medicine morning and night, in small pills, say the size of a winter grape. If the skin seems dry, without much fever, give a little sulphur, with a few drops of oil of pennyroyal in it; or a few grains of ipecac. every day, just enough to make it a little sick, or throw up a time or two. If the complaint seems to be kept up by *Teething* (which it often is), the teeth must be examined, and if any teeth be near the surface, the gum must be cut in to the point of the tooth, with any kind of sharp instrument; this abates the *febrile* symptoms, and gives great relief. In these lingering cases, where the child becomes weak and low, and the above means, with cleansing the bowels a few times, does not relieve, I take equal parts good honey and sweet oil, into which I put calcined magnesia, finely pulverized, enough to make the composition so thick that it will barely pour out of a vial: of this, I give a teaspoon-full two or three times a-day. The magnesia absorbs all the crude, irritating matter in the stomach and bowels; the honey assists it in cleansing, and affording nourishment, while the oil glides softly and gently over the tender coats of the stomach and bowels, opening and healing as it goes. This is a most safe, sure and valuable remedy. The *teething* must be particularly attended to, cutting the gums as above directed, as fast as the teeth come near them. If the bowels are irritated by

worms, and the complaint very obstinate, see treatment under *Worms*; but if the disease is light, the above course will be sufficient, with a few warm baths, and flannel worn next the skin, let the weather be hot or cold. The *black medicine* will mostly be sufficient, after a purge or two of rhubarb, in light cases of worms.

---

*Vomiting and Purging—(Cholera Infantum.)*

This means among children, just the same that *cholera morbus* does among grown persons. But as the treatment of children in this disease, I have thought proper to give it a place here.

*Symptoms*—need nothing lengthy to be said, for you may always know the complaint by vomiting and purging: a quick pulse, hot skin, and great thirst. This complaint is *epidemic*, prevailing most in the hot part of summer, and first of the fall. It seems to be much aggravated by *Teething*, and also by the depraved state of the system, from the abundant use of fruits. The instant it begins, give a teaspoon-full of finely pulverized brimstone in nearly or quite a teaspoon-full of Bateman's drops; if thrown up, repeat the dose two or three times, till you are satisfied that the stomach will not retain it; give a sufficient dose of ipecac. in warm water, and put the child into a warm-bath (before and while it is operating) a few minutes; but you must not keep it in long. After this, the sulphur and Bateman's drops will be retained; but if they lie in the stomach at first, after a few hours, you must give oil or senna tea, or rhubarb and magnesia enough to open the bowels; at the same time, apply cloths wrung out of strong vinegar, camphor or laudanum, to the stomach and belly; or mustard seed in vinegar will do, just long enough to excite the skin almost to a blister—but never draw a blister. I have seldom failed in the above course. To children of considerable size, I sometimes give a small dose of calomel (but not to infants), and I always wished that I had something to supercede the use of it. The warm-bath, ipecac. and sulphur in repeated and large doses, almost always relieves.

## HIVES, or CROUP—(*Cynanche Trachealis*), pronounced SINANKE TRA-KE-ALIS.

Children of both sexes and all countries, from infancy up to 10 or 12 years old, and even older, are subject to this complaint. I will not say it is *hereditary*; but it seems to run in families. The most fat, gross children are most liable to it, and the extremely *puny* next.

*Symptoms*—Very often attacks suddenly, and kills in a few hours, if not properly managed; a difficulty of breathing, with a hoarseness, and frequent short, dry cough; the face looks flushed and swelled; a rattling in the throat when asleep, and sometimes when awake; a wheezing or “*crouping* noise” (as it is called in Scotland) is heard; the skin dry; the pulse quick and very hard; the child throws its head back; its mouth open, and its eyes, and neck veins look like they would burst; great thirst, &c. But sometimes it comes on very slow, either with the hoarseness and symptoms of a common cold, or else, with a looseness of the bowels, as if that condition had been brought on by cold; every symptom gradually becomes more and more violent, till a *spasm* attacks. Every body ought to know how to treat this dreadful and hasty complaint, lest you may not get medical aid in time; and lest also, when you have procured it, the disease might have been safer in your own hands.

*Treatment*.—The very instant you see the approach of the Croup, (it is like charging bayonets in a hard conflict), you have not a second to stop; but *rouse every energy, brace every nerve, and move nimbly on to the charge*. If you find the child in a *spasm*, put 5 grains of ipecac. and lobelia, each, into a few spoon-fulls of warm water; stir it about, and give the child a table-spoon full in an instant. If it is a fat child, and you can find a vein, take half a pint of blood in less than no time; at the same time, have a tub of warm water prepared, and the moment you have drawn the blood, or even before, put it in, up to its neck; and if it is costive, inject up the fundament with thin gruel, with oil or lard



in it. If it does not appear to get relief, keep giving the infusion, so as to give it several good motions of puking, and wet tobacco leaves in warm water, and apply them warm to the stomach, and from that up to the chin. If you have not both the articles to puke with, either of them will do; but the lobelia is much the best, it is so quick in its operation, and brings such quantities of mucons with it. If you cannot get blood from the veins, take it by cupping between the shoulders, and do not stop with less than a gill or half pint; bleeding in fat, stout children in urgent cases, is among the great points in this case. If you take blood from the vein, the best rule to judge of the quantity is, to keep it running till the child looks like fainting, or falls into a sweat. When you bathe it, be careful to have it where the cold air cannot strike it when it comes out, having its clothes very warm, and put them on it, instantly, after drying it with a warm dry towel or cloth.

If the case is not very urgent, give the child a teaspoon-full of fine sulphur in any warm tea; grease its breast and belly, and the soles of its feet, with fat, rusty bacon, or butter, and hold it before the fire, and keep giving warm ground ivy tea, or any other gentle sweating tea; this will soon throw it into a sweat, and give ease. If it should not, give the *lobelia*, a warm-bath, and if necessary, bleed.

In *chronic* or cases of long standing, or in *puny* children, the lancet or cupping-glass seldom need be used; but puke as above; for I must here tell you, that the lobelia, either the infusion in warm (not hot) water, or the juice squeezed out; or the powder is almost sure in all cases to give relief. The warm-bath may also be used, and a teaspoon-full of finely pulverized sulphur, with a few drops of oil of pennyroyal in it, will give speedy relief.

In all cases, after the *spasm* is off, the bowels must be kept laxative for several days, with oil, rhubarb, or senna tea; and occasionally a teaspoon-full of sulphur roasted in the heart of an onion, and the sulphur taken out, and 5 or 6 drops of the juice squeezed out, and given with it. If it is a lingering case, after the spasmodic symptoms are gone, I always give a pill of the *black medicine* night and morning, for a few weeks; this gives *tone* and general strength.

In *old* cases of *Croup*, the seneka snake root and brimstone, equal parts, finely pulverized, and mixt with honey, is excellent

given in pills the size of a small pea, night and morning. Garlic or onions, either, beaten into a poultice, mixt with vinegar, and applied to the belly, breast, stomach, and even to the feet and hands, is a very valuable remedy. The ground ivy and the fine roots of spicewood together, in tea, with a few drops of oil of pennyroyal, for weakly *croupy* children, will prevent a *spell* almost any time, if you give enough to throw them into a sweat. In any case of *croup* which has a tendency to recur, after the spasm has been broken, you must depend much on extracting blood, and keeping the stomach in a state of nausea, with small doses of the *infusion* of lobelia or ipecac. for hours, or days. The common practice among medical men is, tartar emetic; antimonial wine; calomel in large doses; blisters; with many other remedies. The spirits of turpentine is a very valuable remedy, rubbed on the belly, stomach and throat; it is many times more prompt in giving relief, than any of the other external applications, or as they are *technically* called, rubefacients.

---

*Worm—(Vermis); and in the plural, Worms (Vermes.)*

There is a variety of worms which infest the human system: and grown persons are often troubled with them, as well as children. However, as it is mostly viewed as a child's complaint, I have thought proper to bring it under this head, and give a full & satisfactory treatise. There is the maw-worm or thread-worm (*ascaris vermicularis*)—this worm occupies the stomach, which is in the human what the maw is in beasts; it is about an inch in length; nearly white, with a sharp slim tail. The long, round worm (*ascaris lumbricoides*)—this worm mostly occupies the bowels, and sometimes gets into the stomach, and is from a few inches, to nearly a foot in length, and has very much the resemblance of what is called the *earth*, or *fishing worm*. There is the long thread-worm (*trichuris*)—this worm is much like the maw-worm; small and white, resembling a thread, and is three or four inches long. Then there are two species of tape-worm, and probably more: there is the short, narrow tape-worm, which is mostly found in the lower bowels; it is not broader than a wheat straw, and from a quarter to half an inch long, when in its natural posture; but may be stretched an inch or two long; it is white and flat, resembling a narrow bit of white tape. The long, broad tape-worm is from a quarter to half an inch wide; white and flat, with joints a quarter or half an inch long, and looks very much like a flat root of calamus, or somewhat like *tupe*, only it has joints. This worm is said to grow to the incredible length of several hundred feet. It very often passes away, a few joints

at a time; sometimes several feet at a time. I have frequently seen from ten or fifteen, to thirty or forty feet of this worm taken away at once. The tape-worm is generally found in grown persons. The common worms are not apt to be very troublesome till children are at least several months old; they are commonly worse in the summer or fall, about fruit-time, than at any other season. The small white worm is frequently found in the birth-place of women, and is thought to have passed from the fundament into that part; but this idea is not well founded, for we sometimes see them pass with the *urine* of men in great numbers; and I am disposed to think they breed in the bladder and kidneys.

Several years ago, I took several hundred, and *perhaps* a thousand from one man. There being more than one sort of tape-worm, has induced some persons to believe that the worm consists wholly and completely in one joint alone, and that the several worms join end to end, and give the appearance of *joints*, and of one worm! What an *erroneous idea*! Can any man of common sense believe that *worms*, or any other of the *animal* creation would *coolly* and *dispassionately* walk up, and join their heads to each other's *posterior* to the amount of thousands in number, and that so *firmly* and *closely* as to have the *indelectable* appearance of joints, and *even* so as to resist being separated by the most powerful worm medicines!

But after all that can be said on the subject of worms, there is but little difference as to remedies.

*Symptoms.*—The child in general has an unnatural large belly, whether it be healthy or puny, (for you will remember that the most healthy are often troubled with them); pains in the stomach and belly; sometimes voracious appetite, and then sickness and weak stomach; sometimes lax of the bowels; starting, and screaming with great terror, from sleep; bad breath; picking at the nose; sudden *fits* and *spasms*; frequently losing the use of an arm, leg, or all the limbs, which become *paralyzed* or weakened from the irritation and pressure of the worms on the *nervous* coats of the bowels or stomach. While engaged in the correction of this chapter, I have but a few moments since relieved a little girl of 6 or 7 years old, of a fit of this kind! Itching about the fundament and navel; dry cough and fever. Sometimes (particularly in children predisposed to *king's evil*) the lips of are swelled of a morning, and their urine frequently looks like whey with curd in it.

*Treatment.*—The roots of Jerusalem oak, boiled very strong, the decoction sweetened well with honey,

and given in large quantities, morning and night, for 5 or 6 days; then a purge of castor oil, or any thing of the kind, will carry off worms equal to almost any thing; but the course must be repeated several times if no worms are discharged. The *oil of worm seed* and *oil of turpentine*, equal parts, from a teaspoon full up to a tablespoon-full may be given morning and night, on an empty stomach, with sugar or honey, for several days: first begin with a small dose, and increase it up to the largest *portion*. Sometimes it will be necessary to work it off with oil, or some purge; but it mostly operates too much on the bowels *itself*; and if it should, you can check it with a little laudanum for a day or two, and then work it off. The spirits of turpentine with the worm-seed oil, is nearly as good as the oil of turpentine. Any one of the three, given twice a-day, from a teaspoon to a tablespoon-full, in honey or sugar, with a little flax-seed tea, will take worms from any person who is troubled with them. But you must regulate the quantity of these articles to suit the patient; for they will produce inflammation of the bowels, kidneys, bladder, &c., if the dose is too large at first. The oil of turpentine is probably the surest medicine in expelling the *Tape-Worm* called *Tenia Solium*. It may be taken alone; or in a strong decoction of the blue ash root bark, or in a decoction of the *prickley ash bark*, sweetened with honey. The pink root (see that head in my *Materia Medica*) in decoction, twice a day, for three or four days in succession, sweetened with honey, and then worked off with oil, or any innocent purge, is an excellent *Worm-Medicine*. And the bark of the China tree, or pride of China, as it is called, is not inferior to many articles of the kind—in decoction, and used like pink root, is the best mode of employing it. If the pink root is given in large doses (which it ought to be), it sometimes dilates, or in other words enlarges the sights (pupils) of the eyes; as soon as this is observed, give a purge to work it off, and that appearance of the eyes ceases. And the China bark will sometimes produce



giddiness, &c., which can be readily removed in like manner. Any medicine which you pretend to use for worms, must be persevered in for several days, or weeks, if necessary. Rue juice and the juice of worm-wood and tansy, are all good for worms, given in large quantities, particularly for injecting up the *fundament*, where worms are irritating the bowels, and causing other complaints. An infusion of aloes is also equally good. On the whole, I have always had the best success with the various preparations of jerusalem oak, and oil or spirits of turpentine, than any thing else. A few years ago, I gave the spirits of turpentine to several small negroes of one family, and some of them passed several hundred each, and each worm was filled with young ones, from an inch to several inches long. Pewter filings and iron filings are said to be good, given in honey. Aloes and calomel will expel worms; but I had rather use *other articles*. When you are giving medicine for worms, unless the patient be very bad, you may let it drink, or eat as much new milk sweetened with honey, as it wants, and take sugar, honey or molasses when it pleases. In fact, any of the medicines may be given in molasses, sugar or honey. When a child is suddenly taken with a *spasm* or fit of worms, rub its hands, arms, legs and feet with red pepper in spirits, and rub its belly and breast with spirits of turpentine, and give it (especially if it seems choaked) a teaspoon-full or so of *tincture* of camphor, with a few grains of calomel in it; this will relieve it in a few minutes. After a few hours, work off the calomel with oil, senna tea, or something of an innocent kind. But if the above course should fail, do not cram the contents of a whole shop down its throat, but inject up the *fundament* the juice of rue, aloes, worm-wood or tansy, and bind tobacco leaves wet in warm water, to the belly, till the child seems sick, and you are sure to effect the object to your satisfaction. And lastly, when children are very puny and dwindling away, I always give the *black medicine* to restore general health, and

from this class of children, it carries as many worms as any thing *else*.

There are many children *physicked to death for worms*, who have none; you must therefore, when a fair trial has been made of the *worm medicines* (which I had forgotten to tell you are called *vermifuges*, or *anthelmintics*), stop—let the symptoms be what they may.

---

*Discharges of blood—(Hemorrhages,) Remarks on.*

From the stomach (*Hæmatemesis*).—If the person be stout and fleshy, and the attack is violent and sudden, the red root tea, very strong, after copious bleeding from the arm, and having taken a tablespoon-full of table salt, with strict quietude, and a cool situation, and the application of cold vinegar or water to the stomach and belly, will be sufficient. After that, a tablespoonfull of sulphur every night, light diet, and moderate exercise.

*Bleeding from the Nose (Epistaxis).*—This seldom hurts any body; but if it should become dangerous and debilitating, blood-letting and snuffing allum water very strong, and keeping quiet and cool, will answer every purpose; or let the patient stand on all-fours, and throw cold water constantly on his *posterior* and down his thighs and under his belly. In many instances of hæmorrhage, both from wounds and flooding of females, when the case is very alarming, I often draw a bandage tightly round the left leg below the knee, and another round the right arm above the elbow; this checks the *preternatural* flow of blood, and regulates the action of the whole *blood system*, or *vascular system*, as it is *technically* called. In all dangerous and extremely alarming cases, never forget the internal use of the sugar of lead, in doses of from 1 to 2 grains every hour, for three or four hours.

*Bleeding from the Urinary organs (Hæmaturia).*—Take blood; sweat, and drink flax-seed tea, and use warm glysters of milk and water.

**BURSTEN, or RUPTURES, (called *Hernia*.)**

Both male and female are liable to this complaint. Children are sometimes born with it; but it may come on either children or grown persons by accidents, such as *over-lifting* or other *strains*, or by violent strokes, such as the kicks of beasts, &c. It commonly occurs near or in the groins, and when the bowel or caul-fat, &c. or both together, come thro' the belly, they mostly fall into the bag or *scrotum* of males, and into the lips of females' *privates*, and hang down in a lump or *tumor*. Sometimes the rupture is made at or near the navel; and the bowel, &c. *protrude* or puff out there, in a lump.

*Treatment*.—When you discover a *rupture* on an infant, push the *protruded* part of the bowel in with your fingers, which is easily done; apply a plaster made of beeswax, pitch and suet, of such consistence as will not melt from the heat of the system. It must be spread on soft leather, considerably larger than the rupture, and if the rupture is above the scrotum, lay a piece of tin, or thin plate of lead, not quite so large as the plaster, made *concave* to fit the shape of the belly, on the plaster, and keep a bandage tolerably tight round it. The child must be kept from strains of any kind, and *costiveness* carefully avoided; this application will cause the muscles of the belly to heal, keeping the bowel securely in at the same time. If the bowel comes out, or *protrudes* as it is called, and swells so that it cannot be put in (reduced) to its place, lay the patient on his back, raising his hips higher than the breast, so as to throw the *bulk* of the intestines towards the breast, out of the way, and you can then push the part in. But if the part is greatly swelled and very sore, apply cloths wrung out of hot water to the part for some time; this softens and relaxes the parts, so that the bowel can be easily reduced. Greasing the parts and belly for some time with warm oil, will answer in many cases. In some instances, I have found *adhesive plaster* of the *shops* the best of any. But if this treatment does not succeed in a few weeks or months, get a *spring-truss*, and continue the use of it. Rubbing the whole belly occasionally with oil, is necessary in all cases.

---

**EPILEPSY—(*Epilepsia*.)**

Persons of all countries, sexes and ages, are in some degree liable to this distressing disease. Its causes are very various and numerous indeed, and its remedies

must be varied accordingly. It may be brought on by worms in children, or by *teething*; sores suddenly drying up on them, &c. Females are said to be most liable to it; and it is also said to attack all sexes mostly at the age of *puberty*. It is sometimes caused by some natural *defect* in the structure of the blood vessels, or of the bones of the head or spine, &c.; from the intemperate use of spirituous liquors; from sudden suppression of the monthly courses, or their obstruction at the time nature wishes to establish them, or from too great a flow, or profuse menstruation; or from any violent passion of the mind, and many other causes.

Agreeably to the opinions of Tissot, Boerhaave, Sthal, and several other respectable writers, this complaint is *hereditary*.

*Treatment.*—When epilepsy proceeds from natural defects, it is *incurable*; when caused by worms, see the remedies under that head; and if from matter that irritates the bowels and stomach, they must be kept well cleansed by Nos. 1 and 2, or rhubarb, &c.; and if the patient be of full gross habit, the system should be well purged, and a smart portion of blood taken just before the *payoxysm* or *fit* comes on, which may generally be known by a stupid ill-feeling, or in fact, most epileptic fits recur *periodically*, and seem to be somewhat governed by the times of the moon. During the fit, little more can be done, than to lay the patient where he can get plenty of fresh air, with his head and shoulders very much elevated, and loose every kind of clothing instantly: cravat, shoes, vests; or on females, laced-jackets, bands, &c.; dash cold water on the head and face, and put the feet into warm water. If fits are caused by profuse flooding in females, look under that head. If from *obstructions* of the menses, or in time of labor or after, always keep the head raised as much as convenient; bathe the feet in warm water; take blood from the inside vein of the ankle, as copiously as the strength will bear, and use active glysters as speedily as possible. To prevent the return of epileptic fits—in the in-



tervals, take the hickory mistletoe, dried and powdered, twice a-day, a tablespoon-full at a time; or in strong decoction, a tumbler-full two or three times daily.

The German authors of late, highly extol the use of mug-wort: a strong tea made of it, is to be drank constantly every day in the intervals. The oil of turpentine and oil of pennyroyal, equal parts, a teaspoon-full two or three times daily, is amongst the best remedies that I have used; or the oil or spirits of turpentine may be taken alone. Phosphorus is highly recommended by some of our most eminent modern writers. This article you must get of medical men, and have 8 grains dissolved in an ounce of sulphuric ether, and give ten drops three times a-day, in flax-seed tea, slippery-elm bark tea, &c. The oil of vitriol, about a teaspoon-full to each pint of water, or just enough to make it pleasantly sour, and a wine-glass-full taken three times a-day, is an excellent remedy in cases of debility, especially where too great evacuations, such as sweating, flooding, &c. are the causes; and so is the elixir vitriol taken in the usual way; or white vitriol, a teaspoon-full to a quart of water, and a table-spoon-full taken three times a-day. The musk, Russia castor, camphor, assafedita, hellabore, Jimson roots and seeds, &c., are recommended by some respectable authors. I am opposed to the constant use of camphor internally for a length of time; because it lessens in some degree, the *natural propensities* of the *genital organs*. As for the other articles, they no doubt suit some cases of epilepsy.

*Diets*—must be very light in all cases, where the habit is full; and where the patient is weakly, they must be of the most nutritious kind. Exercise regular and moderate: for much depends on these regulations.

---

#### APOPLEXY—(*Apoplexia*.)

Hippocrates and others say, this disease oftenest occurs between the ages of 40 and 60, which I believe is very true; but I have seen it take place, from 20 years old, up to 60, or much older. Whatever may be the

remote causes of apoplexy, the *fit* is always caused by an engorged state of the blood-vessels of the brain, and this blood being retained in the vessels in greater quantities and a longer time than the *laws of nature* require; it not only oppresses the vessels in which it is contained, but the fullness or over-distention of those vessels also produce a powerful compression of the brain—hence, when nature makes an effort to disgorge those vessels, the consequence is, a most violent convulsion, or commotion of the whole system. *Apoplectic* fits may be distinguished from *Epileptic*, by its violence; snorting breathing, and great frothing at the mouth. Sometimes apoplexy comes on slowly; bad night's sleep; fullness, giddiness, and sometimes aching of the head. At this time, the fit may be prevented by copious bleeding, and active purging; but if medicines by the mouth excite or irritate the system much, or seem to affect the head, use the most active glysters, thin gruel, with salt, lard, oil, or spirits of turpentine in them. But sometimes a *fit* of this kind attacks instantly, and cannot be accounted for; and as it goes off, leaves some part of the system in a *paralysed* condition, which is then called *palsy*: (for treatment of such cases, see *palsy*.) It also attacks persons suddenly without the smallest *premonitory* symptoms, who have been exposed to the hot beams of the sun too long. This I have seen frequently happen on the southern waters, among *boatmen* and *sailors*, who call it “*a stroke of the sun*.” When a sudden fit comes on in gross persons, (which is mostly the case) draw blood in a moment, from the neck or arm vein, or from the temple; keep the head raised higher than the body; loose the neck-cloth, band, or any thing that is the least binding; turn the mouth to one side, for the mucous or frothy matter to run out. Pay no attention to the opinion of some, as to bleeding in the neck or jugular vein, who tell you that the vein must be corded, and great pressure made on it, in order to draw blood! Does not any one who has noticed a person in a fit of this kind, know that the vein needs no cording, for it is

already so distended with blood, that it is fit to burst! In the intervals, the same remedies prescribed in epilepsy, will generally be effectual in apoplexy.

*Diets* light; abstain from liquors, and avoid all causes; frequent warm-bathing in both is good.

---

*Quinsy*—(*Cynanche Tonsillaris*,) pronounced SINANKE.

This complaint mostly makes its attacks in cold weather. *Symptoms*.—A sudden chill; then soreness about the *tonsils* or “almonds” of the ears, as they are commonly called; and swallowing, in a few hours becomes *alarmingly painful*, and frequently impossible! the root of the tongue is soon swelled, and looks white, covered with thick mucous; the face red, and the temporal arteries, and those of the neck beat powerfully; breathing is now painful; hearing dull; the voice so as not to be heard above a whisper; the pulse full, quick and hard; the outside of the throat just under the chin, is a little swelled, and very tender to the touch; sometimes small sores breaking out about the root of the tongue, and in the throat and mouth. Exposure to cold is the exciting cause, tho’ some persons are *predisposed* to the complaint, especially those whose systems and mouths have been much affected with mercury.

*Treatment*.—If the patient is of full habit, always in the first stage, bleed *copiously*; give No. 2, and a few hours after, let it be followed by a dose of salts, cream of tartar, or something to open the bowels actively; and do not wait long on them, before you use glysters of thin gruel, with plenty of table salt, lard, oil or salts in them. If the case seems alarming, scarify the throat all over the seat of disease, lightly, and apply a poultice made very strong, with table salt and a little lard in it; this will draw to the external surface, and discharge all the *serum* or watery matter from the part. After all these things are done, if the case still seems dangerous, repeat the bleeding till slight perspiration is produced, and give the steam-bath, with any of the teas under

No. 3. Sweating in this case, will astonish any body who has not tried it; because it is a *mere case of cold*, and should be treated as such. In light cases, the above remedies, with poultices of mustard seed and soft soap, or onions, or garlic to the throat, will be sufficient. Vinegar and lard stirred into mush, makes an excellent poultice; so does lard and pepper. Blisters are also very good in some cases, and as for a gargle for the mouth and throat, there is nothing better than vinegar, sage tea and honey; or honey and borax in warm water, frequently used. The steam of warm vinegar must be frequently drawn into the mouth, from the spout of coffee-pot or tea-kettle.

*Diets* must be whey, milk and water, and such like. If nothing can be swallowed, after emptying the bowels for that purpose, you must inject up the fundament, warm milk and water, thin soup, gruel, &c.: these will act as food, and support nature.

---

*Putrid Sore Throat.*—This is a species of Quinsy, called *Cynanche Maligna*. It is a very dangerous and obstinate disease, and may easily be distinguished from the inflammatory Quinsy by the putrid sores that appear in the mouth and throat, and also by the small, quick, hard pulse, and by its being an *epidemic*, and making its most violent attacks on children, and persons of weakly habit—hence you see it is a disease of debility; or in other words, the system is generally in a debilitated condition at its very onset.

*Treatment*—must be very different indeed, from the first mentioned, or inflammatory quinsy. You must never bleed in this complaint. Neither have I ever seen any benefit (*but much injury*) from blisters. In the first stage, give No. 1, followed in the course of a few hours by No. 2, using one or two active glysters: then No. 3, with warm red pepper tea, with about a tablespoon-full of Bateman's drops, or as much good spirits, to each pint of the tea. This whole course, repeated a few times, and in most cases, the first time will relieve the



patient. But at the same time, you must apply a stimulating poultice constantly to the throat—say made of red pepper, soft soap and mustard seed, onions, garlic, &c. In the course of four or five days the patient grows very weak, and dark or livid spots appear over the face, and sometimes over the body, for you will remember that this kind of Quinsy mostly prevails in the latter part of a hot dry summer, in this country—consequently advances with great rapidity. A gargle or wash for the mouth must be frequently used, of strong vinegar, red pepper, and about a teaspoon-full of the lobelia to each pint, sweetened well with honey: this will cleanse and increase the action of those putrid sores, better than any thing you can use. Salt is sometimes used, and so is saltpetre. The common astringent gargles are worth nothing, unless it be after the patient is mending. After you have taken the patient through a course of medicine, always give him something to stimulate and keep up the tone. *Diets* must be easy of digestion, but very nourishing.

---

*Pain of the Face—(Neuralgia, or Tic Douloureux.)*

This is not a very common disease, but one of the most painful and singular with which mankind is afflicted. It comes on suddenly, most commonly in the cheek, but I have seen several cases in other parts: the legs, toes, &c. The pain will shoot as quick as lightning, from being touched, or from opening the mouth, or moving the part. There will be complete intermissions of the pain for several days; there is no swelling in the affected part, and seldom changes its color.

*Treatment.*—The first case I ever had, I used the common remedies prescribed by medical men, all to no purpose. Then, according to common practice, I severed the nerve; this gave some relief, and longer intermissions of pain. I then used the *quinine* one grain, and *carbonate of iron* 50 grains, combined, twice a day, for a few days, and found she was mending. I then increased the quantity, and gave it three times a-

day, and she was perfectly relieved in a few days. At the same time, I applied laudanum, with red pepper simmered in it, to the painful part of the face.

And another case which came under my notice, was in the *great toe*. He had applied for medical aid, and had his toe cut off; but it only grew worse as the wound healed up. On this, I applied nothing at all but a thick plaster of the strongest opium that could be had, and directed him to keep the plaster constantly soft with laudanum; this gave relief without any other remedy. The oil of turpentine, taken twice a-day, a teaspoonfull or more at a dose, and rubbed on the part, will cure almost any case in the hip or thigh, which is the *sciatic kind*. The extract of Jimson root or seeds, made by boiling down to the consistence of pills or syrup, the fourth of a grain to be taken every 3 or 4 hours is good. This complaint in debilitated persons, requires some powerful *stimulating tonic* like *quinine*; carbonate of iron, which is a chymical preparation of iron and soda; barks, &c.; and in other cases, where the nervous system is *even* greatly debilitated, but irritable, these articles will increase the pain. In such cases as the latter, many times little else is necessary, but the warm or steam-bath, frequently; the *flesh-brush* on the part, and light nourishing food, with but little meat; with the use of good brandy toddy, punch or sangaree. This complaint sometimes attacks the stomach—called *Gastralgia*. The same remedies, and large doses of laudanum will give relief.

### SCARLET FEVER—(*Febris Scarlatina*.)

The deep interest and alarm which this dangerous complaint excites, requires a full explanation of its three varieties into which the *faculty* have divided it, to wit: 1. The *simple* (simplex); 2, *Anginosa*, which means sore throat and difficult swallowing; 3, *Maligna*, which means the *obstinacy*, malignancy and great danger of the malady.

*Symptoms* of the first, come on with feverish, stupid feeling; and in three or four days, chills, and flushes of heat; a hot and dry skin; pain in the head, loins and legs; sickness, sometimes vomiting; and the scarlet eruption comes out on the face, neck, and spreads over the breast and body; sometimes in spots, leaving a space of sound skin for awhile, and then running together. The skin looks of a smooth, shining red, (not in specks like measles) and seems to be uniformly raised or thickened, nearly the thickness of a wafer or knife-blade, pitting when you press it; forcing the blood out, and looking white for a moment; the tongue covered with white thick fur; the face swelled; eyes red and watery; a quick, tense pulse; sore throat, and hoarse speech; very restless, but not often much thirst; about the fourth day, the scarlet appearance of the skin is at its worst, and begins to go off about the fifth or sixth, looking rough and husky, like it does in the *measles*.

*Anginosa*.—*Symptoms* attack with much greater violence; the throat is much sorer; fever much higher, and may be distinguished from the first, by a great stiffness and pain of the neck, and under the jaws. These feelings often appear in the first symptoms, before fever. The eruption in this, does not break out before the fourth, and frequently in the simple, it may show itself the first day; and in this, it is hard to keep out, frequently disappearing without any known cause, or alteration of the other symptoms.

*Maligna, or Malignant Symptoms*.—The eruptions in this form are very uncertain in coming out, from the 2d to the 4th day, and look much more dark and livid, or dead, than either of the first. It appears and disappears with great irregularity, and the temperature or heat of the skin is equally changeable. At the very onset, this form manifests great prostration of the muscles and nerves, and dark, livid spots appear on the face; the tongue becomes covered with a thick, brown coat; the eyes are languid and dull. Derangement of the mind is common to each form of this complaint. In this case, the sores in the mouth, nose and throat become very putrid, and a briny matter is often discharged from the nose, taking the skin as it passes; and the system sinks into a state of *collapse*.

*Treatment*.—Then, from what has been said, when the symptoms of the first form of this *epidemic* appear, we must be prepared, for it may be mild and simple at first, and by neglect, assume the latter varieties. Then in almost every case, I give No. 1, or some good puke;

then No. 2, or any gentle cooling purge; if the patient is strong, and full of blood, with full pulse, I take a portion of blood to suit the case. Then give warm teas of any kind, to determine the fluids to the skin, or keep out the disease; and let the patient also drink daily of vinegar and water; flax-seed tea; water made pleasantly sour with lime juice, or lemon syrup, &c., and keep the patient in a comfortable condition as to coolness—he must neither be too hot nor too cool, but constantly so as to have a soft skin; and the whole body may be frequently rubbed with strong warm vinegar, or warm salt and water; being careful to avoid taking cold. These applications soften the skin; make way for the fluids to pass; allay the itching, and stimulate the nervous system.

Anginosa, when it makes its attack, at the very onset, must be treated energetically. The first thing is No. 1, in such quantity as to give at least three or four good motions, and followed by No. 2, with active glysters. If the symptoms are not much abated, repeat No. 1; this rouses the system into general action, and prevents a congestive state of the blood vessels taking place, or inflammation of any part. If the patient is very gross, blood may be taken in this, as well as in the simple kind: but I depend more on puking than any thing else, in this case. In this case, as soon as the system is prepared, I give the steam-bath, frequently rubbing the system with hot vinegar while in the bath; and if there is stupor, and great fullness of the blood-vessels about the head, and bleeding does not give relief, I often sponge the neck and face with cold vinegar or cold water, or dash cold water on the head; even while in the bath, it may be properly done. It propels the flow of blood from the head, and equalizes the circulation of all the fluids.

*Maligna.*—Even in this malignant form, in the beginning, I find it necessary to use No. 1, or some emetic, the first thing, and follow it with No. 2: and even this form sometimes requires blood to be taken, if after the



use of Nos. 1 and 2, the pulse is hard and full, and an inflammatory condition of the system appears; for you must remember that the violence of the attack of this malignant form is so rapid in its progress, that the powerful commotion produced on the system, seldom fails to excite an inflammatory state, altho' it so hastily throws the patient into a state of debility or *collapse*—hence you are not to bleed in this case, unless you do it at the very onset. After a course or two of medicine, and steaming has been employed, and the patient's stomach and bowels are well cleansed, weak warm toddy, or wine and barks; or about a teaspoon-full of *quinine* to each pint of good wine may be given, a tablespoon-full or so every half hour; or the *black tonic* may be given 3 times a-day, in pills to suit the patient, from the size of a small pea, to double the amount. If *putrescency* of the bowels appears, glysters of gruel, with a little dog-wood tea and laudanum in them, must be frequently used through the day, and the dog-wood bark tea drank constantly as much as the stomach will bear.\* The system must be kept stimulated with toddy, wine, &c., or any preparation of opium, wine and barks, or *quinine*, to a certain tone as high as nature will reasonably support. For the sore throat and mouth, frequently wash or gargle with pepper infused in vinegar, sweetened with honey; and stove or *fume* the throat and mouth over hot vinegar, or bitter herbs, and keep a poultice to the outside of the throat, of wheat bran, stirred into strong vinegar, and lard enough to keep it soft for a-day. Onions, garlic, mustard, &c., are recommended also.

*Diets*—In the first or inflammatory stages must be very light, and through the whole course; but they must be more nutritious and stimulating in the *malignant* form; and never lose sight of the warm, or steam-bath, and glysters in this form. It is astonishing to me, to see the great *aversion* to glystering by some people, under a *false pretence of modesty*; when in other things *perhaps*, they have no more modesty than *horses*! And even *some practitioners*, who well know the value of it, for

fear of a little trouble, or of being thought *immodest*, never *hint it*, when it would save many a life!!

---

### DIABETES, (pronounced DI-A-BE-TES.)

Which means an immoderate flow of urine, commonly without any particular pain in the urinary organs.

There are two species of this malady: in the first, there is a great flow of urine of the usual kind—this is called *Diabetes Insipidus*. The second is called *Diabetes Mellitus*—with a great flow of water, containing a great deal of sugar, or what is called *sacharine matter*. *Symptoms*.—Unnatural discharges of urine, gradually increasing; great thirst; voracious appetite; hot, dry skin; parched, dry mouth; tongue red, sometimes white and foul; debility; irregular bowels; head-ache; loss of flesh; uneasiness about the breast and stomach after eating; cold feet; hard pulse; soreness about the head of the penis, and weakness in the loins.

*Treatment*.—The first thing in this complaint, is, to give No. 1, for vomiting produces a flow of the fluids to the external surface, and checks the unnatural flow to the genital organs. No. 2, or any cooling purge you choose, may follow; and if the febrile symptoms are not subsided, take the patient through No. 3, for sweating is the main object in this case. As opium has a great tendency to diminish the quantity or secretion of urine, I always give a pill of it, or 20 or 30 drops of laudanum, just before I put my patient into the steam-bath; and very often mix a grain or two of the ipecac. with it. After giving two or three gentle sweats in this way, and having the bowels gently emptied, I put ipecac. enough into a pint of warm water, to keep up constant nausea at the stomach, by giving a spoon-full or so, every hour, all day; and at night give a good pill of opium, or a dose of laudanum; and occasionally, when the bowels require it, give castor oil to open them; this carries off but a small portion of watery fluid or *serum*, and has no action on the urinary organs. Magnesia,

in doses sufficient to act lightly on the bowels, is excellent indeed. The *uva ursi*, in doses of a table spoon-full of the powder, two or three times a day, is good. Carbonate of iron is also recommended. In debilitated cases, the quinine, in 2 or 3 grain doses, two or three times a-day, is admirably suited to the complaint—it may be added to a few grains of soda or magnesia. But my main object is, to keep the stomach in a state of nausea, frequently repeating the bath, and a pill of opium given once a day, to check the secretion of urine.

*Diets* light, and such as contain but little juice of any kind.

---

### YELLOW FEVER—(*Typhus Icterodes*.)

There is more controversy, and variety of opinion about this, than almost any disease to which the human family is liable. It is not the object of this work to theorise; but in the plainest and safest manner, briefly to point out the best remedies in the first stages of yellow fever, for the benefit of Boatmen, Seamen, and others, who cannot promptly obtain *medical aid*. It would not be presumed, that any person unacquainted with medicine and disease, could manage this fever through its vast variety of *dreadful and alarming forms*; but take it at the onset, and you may baffle, or perhaps, entirely stop its violence; at least so as to prevent its other ways terminating fatally. It varies very much in its attack; in some climates and on some constitutions, it comes on most violently and rapidly, terminating in death, in 30 or 40 hours; at other times, and under different circumstances, it begins very mildly, even more so than the remitting or common *bilious fever*, and advances very slowly, in such a manner as not to be the least alarming, till it rapidly hastens into the most dangerous forms. Very few persons contend now, that yellow fever is a contagious, or directly catching disease; but that whatever cause produces it will communicate it to most persons under similar circumstances. If a vessel arrives, containing the *miasm* or *impure*

matter from which the crew had taken it, when this miasm is permitted to escape among people, (at least of *analogous* constitutions and habits of life) they are also susceptible.

*Symptoms*—often begin with giddiness; slight headache; debility; pains in the loins and limbs; sometimes chills and vomiting; and after a few hours, violent fever; with full hard pulse; hot, dry skin; red eyes; great pain, or weight at the stomach, at first; mostly a white and clean tongue; sometimes vomiting ensues after 12 or 24 hours, throwing up water, or whatever is taken into the stomach; after a while, if the puking continues, great quantities of bile are ejected, so strong as to take the skin from the throat; sometimes an unnatural craving for food takes place. Frequently an abatement or remission of most of these symptoms take place, inso-much that the patient thinks he is out of danger. But after a little, the symptoms return with redoubled violence, especially the vomiting; and a dark flaky or crusty looking matter, called *flocculi*, with little or no bile; the thirst and burning at the stomach is now *intolerable*; the eyes and skin about the face, neck and breast now becomes yellow; the tongue become very dark, and the matter thrown up, looks like coffee-grounds. In this stage, diarrhea takes place, stools black or green, very offensive; the legs become almost or quite useless; hands and feet cold and *clammy*, and the whole body of a dirty yellow; hæmorrhages, hiccups and convulsions; *delirium*, sometimes at first, sometimes at last. These are the general symptoms as near as I can give them, and I have a good right to know them, for I have seen a great many cases; besides, the first *severe sickness* I ever had, was the yellow fever, in New Orleans! In the latter stages, the contents of the stomach are black, which is the *coagulated* and putrid blood which has been discharged from the distended and oppressed blood vessels.

*Treatment*.—Almost every thing depends on the proper management of this fever, in its very onset. If



you discover it to be yellow fever, befor the first fit or paroxysm of fever rises, give No. 1; as soon as the stomach is quiet enough to retain it, let No. 2 follow; or sometimes you may try from 10 to 20 grains of calomel alone. Watch closely, and when the fever rises to its highest or *achme*, take blood enough to throw the patient into a sweat, or to make him feel *fainty*; this mode of abstracting blood, lessens the action of the arteries; prevents congestion (which means an over-fulness of the vessels of some part); relaxes the whole system; produces perspiration; equalizes the circulation, and unloads the whole vascular system of a great quantity of bile, both with the blood and perspirable matter which is diffused throughout the whole system. After the fever subsides or remits, wait, and as near as you can guess, give No. 2, at such time previous to the *rise* of the fever, as to have it in full operation as the *paroxysm* comes on; and then if it rises with great violence, draw blood again, as above directed—recollecting, after each dose of No. 2, if it should not operate actively, as much as 3, 4, or 5 times, to follow it in a few hours with a dose of salts, so as to bring copious watery stools; apply mustard and soft soap mixt, all over the stomach. If these remedies do not open the bowels actively, use glysters of gruel, with plenty of table salt and lard, or epsom salts in them. If there is great pain and fullness about the head, after the above course, dash the coldest water you can get, on it, frequently, till a change takes place. As soon as the *inflammatory* symptoms subside, or while the fever is off, if the patients blood seems stagnant, skin dry and feet cold, give the steam-bath, frequently rubbing him all over with a brush, or coarse cloth; this excites the action of the vessels, opens the pores, and enlivens the skin, so as to enable it to throw out the *impure* fluids. If the remissions of fever come on at irregular periods and a chilly or sinking condition follows the paroxysms, while the high stage of fever is on, you must use the cold affusions as directed in bilious fever; and the colder the water, and

the harder you dash it on, by bucket falls, the better; and as soon as you find the cool stage, or full remission approaching, have a warm, or steam-bath ready, and put him in for fifteen or twenty minutes. This course will appear new to many; and because it is not exactly like the good old way of letting the patient lie, and pouring calomel, and hot teas into him, till you take every *tooth*, and perhaps his *life*, and because my plan is a little more trouble, you may not like it; but let your life or those of a few of your dearest and best friends be saved a few times by my plan, and you will not mind the trouble of preparing a warm-bath. For the first few days, the bowels must be kept actively open, and I will here tell you, that in this, as well as all other fevers, the linen or shirt, must be changed every day or two; or else the system resorbs from it, the *matter* which passes off by perspiration, which I have told you before, contains a considerable portion of bile. As soon as the ill-looking or bilious offensive matter ceases to pass from the bowels, you must guard against extreme debility (*collapse*), or a putrid state of the bowels, by giving an infusion of dog wood bark, or peruvian bark; or a few grains (say two or three) of the quinine every hour, till you have excited the system as much as you think nature requires, and keep it at that stage for several days. Brandy, toddy, sangaree, &c. may be drank. If *diarrhea* occurs, the warm or steam bath, (after a dose of castor oil with a little landanum in it), must be used. During the whole course, a soda or sediltiz powder may be drank two or three times a day. For burning at the stomach, magnesia and flowers of sulphur, may be occasionally taken. The feet and hands must frequently be rubbed with warm vinegar, and the mouth and tongue kept clean with a wash of vinegar and honey, or sage, allum and honey, &c.

*Diets*—must be very light in the first stage; but thin gruel, rice, barley or chicken tea, may be drank freely, When the fever is on, give your patient plenty of cool

air, and cold water to drink frequently, in small draughts, if he wants it.

After all that is said on yellow fever, and altho' bleeding is so strongly advocated by many eminent physicians, and so very strenuously by Dr. Rush, without distinction as to the violence of the disease, or constitution of the patient, yet you find, on closely examining Rush's treatment of yellow fever by blood letting, in the years 1793 and '4, that a vast number of his patients died! Consequently, we must be governed very much by the stage of the disease, and the powers of the system, with particular regard to age, strength, and soundness, &c. previous to the attack. The Americans in general, cannot bear the loss of as much blood as many of the Europeans, especially in the inhabitants of the United Kingdom of Great Britain when they first imigrate to the U. States; nor the inhabitants of the southern parts of these United States, as those of the northern parts. To some constitutions bleeding would be pernicious, *even* in the first stage, and much more so if the fever had advanced rapidly with its *prostrating influence* before you take the case in hand.

In yellow fever, Dr. Rush's practice, was frequent and copious bleeding, with repeated doses of calomel and jalap, 10 grains of each together. The unlimited use of calomel (or at least with an intent to *salivate*) is still pursued by most practitioners.

On *blood-letting*, I will here make a general remark, which I entreat you particularly to recollect—that in all cases of inflammation, whether in this or any other fever, or in an inflammatory state of the lungs, pleura, spleen, liver, &c., or in a *congestive* condition of any part, (which means that some certain vessels are overcharged with fluids), I have found from experience, that bleeding the patient in a leaning or recumbent position, produces better effects than for him to sit erect; the nausea, relaxation and perspiration continues much longer on him.

## CHOLERA.

This name means a great flow of *bile*, or a great *flux* of the bowels. There is so close an affinity between what you hear called *Cholera*, or "Asiatic Cholera" and Cholera Morbus, that some authors only make this distinction: that cholera morbus is caused by food or some improper substance taken into the stomach; and that cholera, as we call it, is from other unknown causes. But this is not the fact; for common cholera morbus often occurs from the *influence* of the atmosphere on the system. However, the two complaints are very analogous, both in their attack, and progress through their course. The Cholera Morbus, when produced by the influence of the atmosphere, bears precisely the same relationship to *Spasmodic Cholera*, that Bilious Fever does to the *Yellow Fever*. In each case, one is a higher *grade*, and attacks and advances with more *violence* and *rapidity*. Spasmodic cholera is a very powerful and dreadful malady; but when people have a little time to reflect on the similarity of causes, and nature of things, it is not so *alarming* as they mostly think it to be, on the first and partial view of the subject. We all know that the Great *Giver* of our lives, can send a pestilence or any thing else to take them, when it pleases him to do so! At the same time, we also know that He has given us the *means of defence*; then it is certainly right that we be found in the use of them. But most persons, medical men and all, at the very name of *Cholera*, are *panic struck*, and unnerved and *disqualified*, even to trace the symptoms, much less to manage it with that *medical skill*, which its importance so imperiously demands!

Much has been said about the *causes* of Cholera, and why it has never made its appearance in America before? To this we can reply: because the same *peculiar* state or condition of the atmosphere or air never existed here before; and perhaps a *corresponding peculiarity* of constitution or system is also requisite. We might with the same propriety, ask why the *cold plague*, yel-



*low fever, &c.*, do not prevail in the same cities, towns or countries, every year? To all of which inquiries, we would readily answer: because the air was not always impregnated or *charged* with the same kind of *miasmata*, or in other words, *impure matter*, which it is, at the time such *epidemics* prevail. For the question has always been settled in my mind, that similar causes produce cholera that do yellow fever and other *epidemics*. But my opinion is, that the *causes* although very similar, yet they are so modified by some means, as to give different shapes to diseases—hence we often see a *spell* of weather, which to us, is *apparently* in a precisely similar condition of the air, one season followed by fever; next season by flux, putrid sore throat, and so on. At the same time, any rational man knows, that there must be a dissimilarity in the true state of the atmosphere in the different seasons; else, the same kind of disease would always occur. But we are not capable of investigating and testing the *peculiar* and various *impurities*, or proportions of *miasmata* or *effluvia* which it contains.

I would ask, why it is, that several of the same family will be afflicted with the bilious fever, and others at the same time have the *Cholera*? We might suppose that it is because they occupy different apartments or rooms, in some of which, the atmosphere is not so much contaminated with miasm, as that of the others; or that the air in different parts of the buildings contains different and greater proportional parts of those poisonous *effluvia*. That such cases do often happen, is beyond a doubt to any person who will examine the abundant reports on *Cholera*. In families where the above circumstances occur, you find the buildings so situated with respect to some stagnant water, or *damp marshy* or boggy ground, that the general current of air passes from those unwholesome places, so as fully to enter some of the rooms, with but a small portion of pure air mixing with it; and these facts clearly prove the close *affinity* of the *miasmatic* causes, which produce cholera,

fevers, dysenteries, &c., and also the analogy between the several maladies, only they are cast out in various shades and types. To persons unacquainted with *technicalities*, it is necessary to explain the terms *miasm*, *effluvium* and *malaria*. Malaria is an Italian word, meaning the pestiferous exhalations, from putrifying substances, caused by heat and moisture, or any damp place, in which *vegetable* matter is putrified or rotted by the influence of that moisture and heat of the sun; and Miasma is a Greek word, meaning the corruption or filth produced by the rotting of those substances; and in Latin, Miasm means the application of such corruption to the body or touch, and Miasmata is in the plural, meaning corruptions. Effluvium is the singular of effluvia, which means the particles which fly off from those rotten, corrupted or putrified bodies. These terms are equally applicable to any kind of putrifying matter, whether in water in cellars, swamps, ponds, or any other matter of the vegetable kind, which has been rotted or decayed by being in a moist and heated condition. Thus you readily see that this disease, like yellow fever, has, and always will be, most *prevalent* and *fatal*, in populous towns, sea ports, wharves, low-grounds, or *back or narrow filthy streets and alleys*, and *cellars*, &c. For in such places you know that those miasmata or malaria are found in the greatest abundance. Yet we have many instances of Cholera occurring in small villages on elevated sites, in the interior of the country, and a *partial observer* would see no possible cause for the prevalence of this *epidemic*; but the *impartial and scrutinizing eye & discriminating mind* of Cooke, or Bell of Kentucky, would at one *glance*, *grasp* and point out all those causes of Cholera! A rich, fertile, alluvial soil, abundantly covered with the growth of the ground, may require but very little heat to produce putrification of that extremely tender vegetable matter; and such growth in this kind of soil may require but little rain, to keep it wet long enough to *kill or deaden it* when exposed to the heat. Within

the last 18 or 20 years, Cholera has taken millions of souls out of the world, in Asia, and in many parts of Europe. It is argued by many, that this *malady* is most fatal among the *intemperate* class of people. This is true, so far as *intemperance* tends to derange or debilitate the system, from exposure, from lying on the ground, &c., or to cause a *negligence* of cleanliness, in removing putrifying or filthy matter from their cellars, yards, &c., and this is just as far as the *intemperate* are more liable than others. We will just remark, that this *class* are mostly found living in the most *ineligible*, low, and unhealthy parts of towns, cities, &c., because they are not able to procure the most choice sites. The fact is, that in all countries where Cholera has made its ravages, those of weak and *frail constitutions* are the most liable under equal circumstances, of any other class; and when attacked, their cases are far the most dangerously alarming.

What is most astonishing to me, in relation to cholera since it has prevailed in the United States, is, that we see the papers of our country, daily pouring full of the reports of the *dreadful havoc* of this disease, and yet, after saying so much, and exciting the highest feelings of interest and alarm, they leave us without any certain or valuable remedies, or course of treatment for the case! Some will, to be sure, point out in a desultory manner, the course they have pursued in the cure; but what do we generally find to be the consequences? Why, that out of several hundred, perhaps they saved half a dozen patients. And notwithstanding the bad success of the *remediate* course, yet the next writer you hear from, tells you the same or a very similar tale about his management of Cholera. Then, when we find the common plan of treating this disease so unsuccessful, why not choose another course? We could not make the matter any worse; because nature alone would do more in cholera than is done by medical aid, in general! But shall we persevere in such a course of practice in cholera, *merely* because we are too *careless*

and *indolent* to investigate the nature, causes, &c. of the disease for ourselves? Or do we prefer that those who make greater pretensions to science and theory, or who by mere chance occupy some higher stations in life than others, whether right or wrong, successful or unsuccessful, shall have the sole control of our thoughts and lives.

*Symptoms*—In common cases of Cholera, so far as I have observed, it would be almost impossible to settle on a particular set of symptoms *peculiar* to Cholera alone; for it sometimes comes on with languor; soreness and tightness about the stomach, or a burning in the stomach; head-ache; thirst, &c.; at other times puking and purging both attack at once, and sometimes sickness at the stomach, and puking without vomiting; and sometimes to the contrary. The violence of these, with a host of other *deathly* symptoms increase till the patient sinks! But the puking and purging, or the purging and sickness, and soreness at stomach, are the most prominent symptoms. The patient may continue in this lingering condition from two or three to eight or ten days. Violent pain is always felt thro' the belly when at stool, and which runs to the toes and fingers, producing slight *cramps*. The stools have various appearances, mostly at first thin and watery, and towards the last very dark or bilious.

*Spasmodic Cholera* is a case of the most powerful and direct debility; which fact I wish you to bear in mind thro' the whole treatment of the malady. This assertion is clearly established, not only from the loss of the muscular and nervous powers, but also from the many palpable symptoms of debility. For instance, it mostly attacks in the night, or about daylight, with sickness or heat at the stomach, and the greatest weakness or prostration is felt; the stools look like rice water, as you are told—well, these rice water looking stools, let me tell you, are composed mostly of the watery fluids of the system (called serum), the great flow of which is thrown from debility, to the bowels from every part of the body; this fact is evident from the shrunk state of the flesh and swivelled and wrinkled condition of the skin; and by the coldness of the hands, feet and skin; smallness and weakness of the pulse; ringing in the ears, or total deafness, &c. In many instances, without the slightest premonitory symptoms,



the most violent cramps, technically called *spasms*, suddenly take place in the belly, thighs, feet, hands, &c. and the patient will many times die in a few hours with little or no vomiting or puking! The puking and purging both, frequently stop some time before death. In short, the symptoms of cholera are so numerous and various, as to imitate in some shape or other, almost every kind of disease, except delirium; which, I believe, never or very seldom occurs, and much has been said on this part of cholera; but no one has told you the reason that the patient retains his senses in this violent complaint. The causes are, that in general there are such abundant discharges of fluid from the system, and in every other respect the disease is so directly debilitating, that not the slightest inflammatory condition of any part of the system, at least about the head, is produced—consequently, no congestive state, or fullness of any of the vessels about the brain takes place, so as to derange or oppress the organ.

*Threatment.*—If Cholera makes its attack with puking bilious, or green looking substance, commence giving red pepper tea, with a few grains of No. 1 in it, and as hot as it can be drunk, and continue it till the patient has a few motions of vomiting, and begins to sweat; at the same time give a glyster or two of warm soap suds. The first not only empties the stomach, but many times stops the puking directly, revolutionizing the whole circulation, and counteracting the great flow of fluids to the bowels, and throws them to the external surface of the body; and the glyster cleanses the bowels instantly of their *crude* and irritating contents. These things done, have a steam bath prepared, and put your patient in it instantly, and continue giving the pepper tea, as hot and in as great quantities as the stomach will bear; and even if often rejected, repeat the dose over and over. Just before the patient is taken out of the bath, (which must be done in 15 or 20 minutes, sometimes less,) put 50 or a 100 drops of laudanum into half a pint of the tea, and give him; or if the stom-

ach will bear it best, give the laudanum alone, and if he seems to be in a very sinking state, rub him all over with strong hot tincture of camphor. As soon as his stomach is a little quiet, give a small dose of calomel, with nothing in it more than will bearly mix it, for if you give large doses, they are generally thrown up, and this is very often the way that these enormous doses of calomel get the credit of making such wonderful cures! The practitioner will give, in cholera, from 100 to 1000 grains; directly vomiting comes on, by which perhaps all is thrown up, except what would make a reasonable dose, which may be retained in the stomach. After an hour or so, I give another portion, say each time 15 or 20 grains—this, together with the other stimulants and sweating, will sufficiently rouse the biliary system into action, and cause a plentiful biliary secretion; for every rational, impartial man will readily admit the great influence sweating in this manner has, in conjunction with calomel in exciting the liver, and establishing a proper secretion of biliary matter. After a while, if the symptoms do not abate, repeat the bath, no matter for the calomel that is in him, it will not hurt him; and five or six hours after the last portion of calomel was given, a dose of castor oil, cream of tartar, or whatever seems least nauseating to the stomach, must be given; and then he will discharge copious bilious looking stools. If the case attacks with great alarm, in a spasmodic form, or becomes so at any time, I give a table-spoonful of finely pulverized brimstone, with from fifty to a hundred drops of laudanum or Bateman's drops in it; give a glyster of thin gruel, with a little weak pepper tea, or a few Bateman's drops in it, and put him into the steam bath in an instant, and continue him there fifteen or twenty minutes, rubbing his limbs with camphor and red pepper steeped in spirits. If he throws up the sulphur and drops first given, I continue to repeat them; sometimes, however, trying the stomach, either with the sulphur or the drops alone; for you must remember the various effects that medicines

produce on different persons, let the complaint be what it may. The glysters must be used frequently; there is but little known of their powers in relaxing the whole system, and exciting healthy perspiration. Thus you will find that the sulphur and laudanum combined, together with a steam-bath, if they lie on the stomach, (and they seldom fail by repeating a few times) are the best remedies to break the *spasmodic cholera*, of almost any thing that has ever been tried. The sulphur alone, is a most valuable *anti-spasmodic*, besides its powers in allaying any irritable condition of the stomach and bowels. And the laudanum is the most safe and prompt agent in restoring *equilibrium*, at the same time assisting to quiet the stomach and whole *nervous commotion*. Sometimes I mix them in a small portion of any fluid which will be most apt to lie on the stomach, such as warm toddy, sangaree, warm teas, &c. I sometimes unite equal parts of calomel and fine sulphur, about 8 or 10 grains each, and give that quantity every half hour or so, till the vomiting subsides; sometimes I combine the calomel and laudanum, but I never lose sight of the steam-bath, (and if the skin and extremities are the least cold) the rubbing of them with hot pepper tea, or hot camphor, or both together; or the pepper steeped in strong spirits may answer. The main object in this hasty malady, is to turn the *preternatural* and abundant flow of the fluids, from the internal, to the external part of the body. This is effected *even* by the steam-bath alone, allays the *irritable* state of the stomach and bowels. When the cramps are excruciating, rub the calves of the legs, belly, &c., with spirits of turpentine, or pepper in spirits, till they are quite *heated*. The main object to be kept in view in *spasmodic cholera*, is, to equalize the whole *circulation* as speedily as possible, and at the same time, to keep the system stimulated to such a *tone* as the *laws of nature* seem to demand; for I have already told you, it is a case of *extreme debility*, which requires such stimulants as are calculated, most *promptly, safely and efficiently* to effect the above

object. Then *laudanum* I hold among the best of such articles in this complaint, when used as I have directed. But some will tell you, it does not excite *biliary secretions*, and binds the bowels; as to its action on the bowels, it enables them, by its *constringing* and *stimulating powers*, to *divert* that *unnatural* flow of *serum* already explained, and causes it to be determined to the external surface. By these means, we at least *suspend* or baffle the violence of *disease*, till *nature* can, advantageously *array her forces* against this *formidable enemy*! During this short *truce*, you may fire on your patient with 20, or 1000 grains of calomel, as you may fancy. But I want you *distinctly* to recollect, that I prefer giving about 20 or 30 grains at first, and it is possible that in some cases I may repeat the dose two or three times every hour or two. This, together with my other remedies, will sufficiently rouse the action of the liver; and in fact, in this complaint, many times the *liver* is already in a state of over-excitement before any calomel is given; this condition may be known by the excessive quantities of bile discharged, both by puking and purging; yet you are told, without *distinction*, to give from 100 to 800, or 1000 *grains*, to excite "*biliary action*!" Admitting that such enormous doses would produce their full stimulating effects, it would be at least from one to several hours before they did it; in which time, nine patients out of every ten, might die with *spasmodic cholera*! for we must all admit, that however sure calomel may be in its operations, yet it is very slow. Besides, if 20 grains of calomel (which is a full dose) will produce *general high excitement*, might we not readily conclude, that 40 or 50 times the quantity (if it had its full influence) would completely overpower the *vital energies*, or at best, sink the system into a desperate state of debility, in proportion to the over-excitement which it had produced? The fact is, that in this, as well as other violent diseases, something must be speedily done for relief; and even in making the external applications, there is no time to send ten miles all round.



If you cannot instantly procure the above articles, harts-horn will answer admirably, to rub the cramped parts with; strong *lye poultices* applied very warm; the mustard and soft soap sinapisms are also excellent. I have seen the report of but few medical men who used the warm-bath in any shape, to any great extent, and those who do, mostly employ it to a disadvantage; either using the common water-bath, which is seldom well or properly performed in such emergent cases. Some speak of using a steam-bath, by putting a *pipe* from which issues the steam, under the bed; this sort of steaming is so irregular and uncertain in its effects, that it is abominably dangerous—and some will direct you to roll your patients closely in warm blankets after bathing, and lay them in bed, and in the same breath tell you to keep constantly rubbing the sweat off them as it exudes, with coarse dry cloths! I should like to be informed how your patient can be closely wrapped in warm blankets in bed, and you rubbing him all over all the time? As for my plan of sweating, I wish every intelligent man to examine and compare it with any other he pleases, and he will readily decide. On this plan, you may either continue him where he is, or wrap him up, and lay him any where else you choose, with the greatest convenience and safety. As for bleeding, it may possibly be proper at the onset of common cholera, in some constitutions; but in spasmodic cholera, I am well satisfied that a lancet, in such case, should never *even be pointed* at a patient. You must remember that sweating in this or any other disease, must not be continued or repeated after a healthy state of the skin and free, lively and *universal* perspiration is established; for if it is, the patient sinks with debility. I have seen *sugar of lead* recommended as a *specific* in *Cholera*. Dr. McCaig gives it, dissolved in water, from 5 to 20 grains. The account is, that two patients recovered under it; but nothing is said of the number that died. It is strange, how it can be a sure remedy in this complaint, when the sugar of lead has so great a ten-

dency to derange or destroy the muscular powers, and produce *cramps itself*! But it may possibly exert a counteracting influence over the malady, in some way not to be easily accounted for. However, I would not advise the use of it, unless it be in the *collapsed stage*, at which time, by its astringent (or *styptic*) powers, it may brace the muscles and nerves for awhile, till something more can be done.

— —

**TEETH:—***Making, Inserting, Cleaning, Plugging, &c., called DENTAL SURGERY.*

We do not presume that every man can be a perfect Dentist without a good set of instruments or materials: but any man of common sense can, with but very little trouble and expense, qualify himself under these directions, for cleaning, plugging, extracting roots, and curing the scurvy in the gums, better than any *Dentist* I have ever seen; and if he chooses, by procuring instruments, &c., may insert teeth in the neatest manner.

*Making Teeth.*—You must have three or four files, one very large one, or two sizes smaller, and a small rat-tail file; a fine saw, and it will be best to have a hand-vice, but this can be dispensed with. The best article that artificial teeth can be made of, is sound hog's tusks; they resemble the natural tooth more perfectly, and retain their color better than any thing else. Sound bones and ivory answer very well, but they soon turn yellow. The *porcelain* and *metallic* teeth are now well prepared, and save the Dentist the trouble of making; but they cost very dear, and are not as good nor handsome as the *tusk*. You may make one, two or four teeth without separating them; with the coarse file dress off the surface or *enamel* of the tusk; then saw cross-ways on it, the breadth of each tooth you wish to make it, about the depth or the thickness of a tooth; then dress them all off near the length, shape and size of the natural teeth. They must be separated at the points, which gives the appearance of several teeth; they must now be dressed on the upper ends, so as to fit the gums, and hollowed out on the inside with the rat-tail file. If there be roots in the mouth, file them down even with the gums, and with a small drill make holes in them, and also in the ends of the artificial teeth, precisely to correspond with each other; then put well seasoned hickory pegs or pivots firmly into the ends of the teeth; fit them all to the stumps or roots, and

drive them in till the roots and artificial ends come firmly together. If you insert one tooth alone, it is done in the same manner. If you insert with a gold or silver spring, the metal must be drawn out the size of small wire, in the middle of which a plate must be left or soldered on, wide enough to sink half thro' the upper end of the tooth, or deeper; it must be let in as near the upper end of the tooth as possible, with your fine saw, on the inside, and a pin put from the upper end down through the plate; then fit in the tooth, and bend with a little pair of *pliers*, each end of the spring, so as to draw them thro' between the two next teeth on each side of the artificial one.

*Dressing and Plugging.*—You must have a small box of instruments worth two or three dollars; or a few, made for the purpose of scraping the tartar off the teeth about the gums. The Dentist must always stand partly behind the person whose teeth are to be operated on, holding the head in his left, and operating with his right hand; scrape off all the tartar and black spots from the teeth, and particularly under the edges of the gums, but so as not to scrape off the *enamel* where it is sound, nor so as to hurt or lacerate the gums. If they are rotten or decaying on the edges between them, take the little tooth-saws or files for that purpose, and file off all those crumbly rotten parts. For this purpose, you must have several tooth-files of different thicknesses, and when using them, occasionally dip them into cold water to prevent their getting too hot and paining the teeth.

*Plugging*—Is done with gold, silver or tin *foil* as it is called, which is any of those metals in *extremely thin plates* or leaves. After cleaning out the hollow of the tooth, with an instrument made for the purpose, called by Dentists an *excavator*; this done, you take bits of whichever kind of the foil you wish to plug with, and with a small crooked ended instrument, with a blunt or square point, you cram the metal into the hollow of the tooth, till it is filled nearly even with the surface, or end of the tooth. A tooth never should be plugged while aching, or very tender, unless, that I sometimes put in a temporary *plug* of cotton wet in laudanum, clove oil, cinnamon oil, camphor, spirits, &c.: or a little tallow and beeswax mixt, may be put into the hollow of a tender or aching tooth. If you do not want an aching tooth extracted, and it cannot be plugged, take a probe, a pin, or a straw, wrap a little cotton on the end, dip it into *nitric acid* (aqua fortis), and just touch it to the end of the tooth; or sometimes I touch the sides also, so as not to let it get to the gums; this will relieve it *instantly*, in almost every case, acting like a *charm*.

Oil of vitriol or *muratic acid*, will sometimes answer the same purpose.

*Roots of Teeth.*—When they are broken off even with the gum, or so that the common tooth-key, or *drawers* will not take hold of them, with the point of a *scalpel*, or gum-cutter, (or the point of a sharp pen-knife will answer,) cut or split the gum from the upper part down, precisely to the upper edge of the jaw-bone; then cut or make a small incision at the lower end of the first cut, just exactly along the upper edge, and running with the jaw-bone; into this last incision, put the end of your tooth-key, and get a good hold on the upper end of the root, and as you draw the root, as you would a whole tooth, the end of the key passes up through the first little cut in the gum, without tearing or giving any pain. These little incisions, in making or healing after the root is drawn, give no more pain than cutting the gums in any other common case.

*Scurvy Medicines, &c.*—After the tartar is all scraped off the teeth, where there is scurvy in the gums, make a strong *solution* of the vegetable caustic, or in some very bad cases, I use the caustic itself, and wherever the gums are swelled and tender, I touch them lightly with it, putting cotton between the lips and gums, and also in the mouth, to keep the lips and tongue from the caustic, letting the cotton lie a few minutes, till the caustic has produced its full effects on the unsound gums. After a few days, I examine them again; and if there are any parts that still look swelled, and like the disease was not killed, I touch them again. Once or twice *touching* or operating will be sufficient for almost any case. If you have not got the caustic, Pearl-ashes are the next best substitute for it, used *precisely* in the same way that I have directed the use of the caustic. Do not be the least afraid of the use of these articles; they will not hurt the *enamel* of the tooth, nor any sound part of the gums.

*Powders.*—Take gum catechu, salt-petre, and table salt, equal parts, and a few cloves; pulverize each separately, as fine as dust; then mix them well together, and spread a little on cotton, and lay it on the tender or diseased gums, three or four times a-day, and let it continue there till the powder is all fully dissolved. The use of this powder for a few days or weeks, after dressing the gums as above directed, with the caustic, will make them perfectly sound, and they will *close* around the teeth as *firmly* as if they had never been diseased. This tooth-powder is an invention of my own, which I have used for years, and with which I have made the most *important* cures of *scurvy* in the gums. It is clean, pleasant to the taste, and the use of it



makes the breath as *sweet* and as *pure* as the May-morning breeze from a bed of roses! If you use tobacco in any way, this powder will entirely remove the *taste* and *smell* from your breath. After you try it, you would not give one ounce of it for all the charcoal and peruvian bark (which *Dentists* use) between the southern extremity of Peru, and the north of Lapland. As to snuff and the tooth-brush, they never should go into the month of a person who wants a *pure* breath, white teeth, or *sound gums*. The teeth never should be picked with a pin, or any kind of *metal*; the brush has a tendency to rub off the *enamel* of the teeth, and to irritate the gums. The best plan of preserving the teeth and gums, is to clean them with a quill tooth-pick, and wash the mouth with water; and the best thing to rub the teeth with, is a pocket-handkerchief, or any kind of dry linen.

---

### VEGETABLE CAUSTIC; or, as it is vulgarly called, WET-FIRE.

When well understood, this is one of the most *useful* and *valuable* medicines on earth. I have been in the practice of preparing and using it for twelve years, and am well prepared to judge of its superior virtues and great utility, and would not exchange the practical use of it for all the balance of the common caustics known to the Faculty; and whenever you hear any person abusing, or making a great *bug-bear* of this *medicine*, you may set it down as an *indubitable* fact, that it is done through *personal* prejudice; or from having seen it improperly used, or else from *ignorance* of knowing how to *prepare and use it*! For altho' it is made by a simple process, yet but very few in the world know how to do it! For inasmuch as it is thought to be a very powerful medicine, most persons think it undoubtedly must be composed of a great number of the most *potent* materials known to the world! Thus they elevate their *short pieces* so high; that they *over-shoot* its *true* character altogether. For I must here inform you, that it is not on its *powerful corroding chymical* properties, that its very *important medicinal virtues* depend. But on the contrary, the simple and single vegetable alone, of which this caustic is made, has the power of imparting to it, the most mild, safe, salutary and certain

caustic properties of any one, or any combination of ingredients that have ever been tried! Thus its great efficacy is *peculiar to itself alone*, and any thing at all, however small, added to it, either in its preparation or afterwards, renders it much less valuable.

There is a great deal of accuracy and particularity to be observed in the process of making this *caustic*, simple as it is:

*Mode of Making, Preserving, &c.*

Take the bark, inside and out, of the white, or as it is sometimes called, blue ash, while green, any quantity you please, and burn it in a clean fire-place, or any clean place, till it is all into ashes, not a coal among them, stirring the heap of fire but just enough to make it all burn out; let the ashes lie in a heap as they were burnt, till they are perfectly cold; then put them into a clean pot-vessel of clean water, and boil them precisely as you would any other ashes to make *lye*; take off the pot; let the ashes settle well, then strain off the lye into another vessel, cleanly *scoured*, so that not a particle of grease or any thing of the kind is in it; set this on a good fire, and keep it constantly boiling, till it is reduced almost to the consistency of molasses; then increase the heat of the fire till the vessel is almost red hot; keep it up a short time, and the liquid will thicken up for a moment, and then begin to dissolve or melt again, and run over the bottom of the vessel like oil; and in a few moments more, it begins to look somewhat dry again; now take it off the fire quickly, and stir it briskly for a little while, and it will crumble. As soon as it gets so cool as not to break a bottle, put it in and stop it, not tightly with a cork, or glass stopper, but with a wisp of lint, cotton, or fine tow; this admits a little air to pass, which is very essential for the preservation of this caustic. I have often tried it, and it will not keep in tight bottles, and it will dissolve if stopt too loosely. In the spring season, on the first quarter

of the moon, is the proper time of getting the bark, and it must be burnt immediately after it is gathered.

I have now told you the whole secret of making and preserving this caustic; and no doubt, many persons when they see this, because it looks simple and plain, will say they have long known how to make it. This you may safely contradict; for if they had known the proper mode of preparing it, you may rest assured they would have made abundant use of it. Any body knows how to make a sort of pot-ash, out of hickory ashes. and may possibly have made some kind of useless stuff, out of ash wood, bark, &c.; but to make the above caustic is very troublesome indeed. When good, it is in lumps as hard or harder than copperas, and has somewhat the resemblance of it. However, it varies in color; sometimes greenish or grey, and sometimes of a more light color. The mode of using this valuable medicine, you will find prescribed all through my practice.

---

### TONIC, or BLACK MEDICINE.

This medicine is called *tonic*, from the great tone and strength it gives to the general system. There are four different *forms* of it, all prepared of the same materials; and although they have the same appearance to those unacquainted with *them*, yet *they* are varied to suit, and produce very different effects in the several diseases for which they are intended:

1. *For common Debility*.—Take iron or steel dust, elecampaine, brimstone and pleurisy root, two table-spoon-fulls of each; of seneka snake root three spoon-fulls, and of Jerusalem oak seeds one spoon-full (after pulverized to a fine dust, and sifted through fine linen); mix them well with good honey, so as to be made into pills, but it is best to keep it in the *mass* in a jar, or some close vessel, and make the pills as they are used. The *medium* dose of this medicine, is a pill about the size of a large pea, morning and night; but the quantity must be varied more or less, to suit the age, strength

and constitution of the patient: to some I give double that quantity. The vegetables must all be well dried (best in the sun) before they are powdered.

2. *For Consumptions, Dropsies, & Mercury taken to excess.*—Take sulphur, plenrisky root and seneka snake root, 2 spoon-fulls each; steel dust, elecampaine and Jerusalem oak, 1 spoon-full each; mix all with honey, and use the mass as directed in the first preparation.

3. *For females who are not regular in their monthly courses.*—Take steel dust two spoon-fulls; seneka snake root, elecampaine and plenrisky root, three spoon-fulls each, and of brimstone and Jerusalem oak, one spoon-full each, when pulverized and sifted, and mix and use as above directed.

4. *For Children.*—Take steel dust and Jerusalem oak, three spoon-fulls each; elecampaine one spoon-full; brimstone, seneka and pleurisy root, two spoon-fulls each; all to be pulverized, mixt, and used as above, in pills night and morning, suited to the age, &c., of the child.

When using any of the above preparations, but little meat or any strong diets must be eaten, and large draughts of cold water must be avoided; neither must the patient be suffered to expose or over-heat himself in any way. Under the above various forms of this medicine, it is no doubt more extensively useful than any other tonic preparations of the kind, known to man! For the mode of preparing the steel, or iron dust, I refer you to my *Materia Medica*; for I would not give a cent for the common iron dust of the shops in these preparations. In fact, the great value of this medicine depends very much on carefully and accurately preparing it, of good materials. Any quantity of the above forms may be made, by observing the same proportions, when you make a greater or less quantity, at a time. The materials are all cheap, and easily procured and prepared; if you have a cast mortar, it is best to pulverize them in; if not, any kind of cast, or pot-ves-



sel and hammer, or iron wedge will answer; so that any family can always have it on hand.

### STUTTERING, or STAMMERING

Is not called a disease; but it is a very troublesome impediment of speech, for which I have promised a remedy; and which in fact, I view as a *disease*, or in other words, as either a *partial* loss, or want of power to control, or govern a *certain set* of voluntary muscles of the human system. The nerves which act in connection or unison with *those* muscles, must also be in an uncontrollable or deranged condition; but from what cause we are not prepared to say. This complaint in some instances seems to be *hereditary*; for we often see it follow family connexions. Sometimes it is observed in infants from the very time they begin to talk; in others, not till after they are of considerable age, or nearly grown, at which time it comes on very suddenly. In the latter instance, you mostly see it in stout robust, or gross healthy persons.

*Treatment.*—Whenever you discover that a child inclines to stammer, put him on light diet, and always keep his bowels perfectly regular, and as empty as is consistent with nature; let him eat little or no meat of any kind. Draw a band five or six inches wide round the waist, and by this means, the belly will be kept uniformly of the same size. Teach him never to attempt speaking only when he has a full breath; and make him stop before the breath is quite all passed out, whether he has finished his sentence or not; and teach him to stop short at any time, till he gets a full breath, if he finds any difficulty, or finds he is going to stutter. The best mode of getting him into this habit, is to teach him to count very slowly backwards and forwards, and that in a very low tone of voice, scarcely above his breath; or to say over the alphabet in the same manner, backwards and forwards. The reason for saying the alphabet, or counting is best, is because each word makes a full sentence, and gives the *stammerer* time to take a full

breath at the end of each one. If you want to break a person or child from stuttering, never suffer any person to ask him questions hastily, nor allow him to relate any thing in a hurry, nor speak a single word when in a passion. In some cases, it is best to make him speak for awhile in almost a whisper, with a kind of singing *tone*, till you get him a little broke. This simple *course* has cured many to my own knowledge, who have been stutterers for 30 or 40 years; and will remedy any case, I believe, in which it is rigidly pursued.

---

### SMALL POX—(*Variola*.)

This is a *specific* contagious or catching disease, and may be communicated either by coming in contact with the atmosphere which is contaminated with *its* effluvia; or by *innoculation*. The first *authentic* medical account we have of this complaint, was given by the Arabian Physicians in the tenth century; but the first *true* and *descriptive* account that I recollect noticing, is in Holy Writ, where I find the *good old patient* Job afflicted with biles from the crown of his head to the soles of his feet.

*Symptoms* begin with dull, weary feelings; chills occasionally creeping over you, with pains in the head, back and limbs, very similar to fever; great thirst, and soreness about the palate of the mouth; fever follows, with hot, dry skin and white tongue; water scant and high colored; the bowels bound, and the nose frequently bleeds; about the time the eruption breaks out, drowsiness or slight delirium is apt to occur; which is about the third or fourth day from the beginning. These eruptions first begin about the mouth, forehead, nose, &c.; then on the arms, breast and belly; at last, all over the ankles and feet. They begin in little red points, which about the second day from their appearance, are in little raised pimples, very much inflamed at their bottoms, but discharge no matter, although they seem filled with whitish or clear looking, thin watery matter, and at the

end of the second day or first of the third, these *pustules* or pimples begin to sink in the centre, on the top; and in a day more they nearly all have that appearance. About the fourth day they assume a whitish color surrounded by a pale red ring.

By this time they have increased & become large, nearly in the shape of a person's navel, but of various sizes. These pale rings where the sores are very thick extend to each other and the ulcers now discharge an abundance of thick matter.

The small pox may be easily prevented by *vaccination*, which means inoculating with the matter of the Cow or Kine pox. A few years ago I spent some time in the city of Louisville where hundreds were sorely afflicted with small pox, and neither myself nor any body else who had been vaccinated suffered the least inconvenience from the malady. Nor will any person in whose system the *vaccine* matter is well received.

*Treatment.*—In mild cases, gentle purging must be observed, No. 2, followed by small doses of cream of tartar, or any thing of a mild nature: and the bowels must be kept gently open every day, and if the fever is high and the patient full of blood a little may be taken once or twice. But do not give *drastic* or heavy purges in this case, for fear of depleting the system too fast, and determining the eruptive matter to the internal parts of the body.

During the eruptive fever where the disease is violent, or the *pimples* or *pustules* all flow or run together which is called the confluent kind—you may purge more actively than where the pimples are but few, or distinct. The pimples for the first two days ought to be touched lightly with a little of the vegetable *caustic*. And after they have spread and are discharging matter, they ought to be washed once or twice a-day with a little of the caustic dissolved in water, or with castel soap-suds; linen wet in cold water must be folded and laid over the face and eyes, and kept constantly cool in order to prevent large scars from being made by the ulcers. The patient must be kept perfectly pleasant and comfortable as respects coolness—he must have fresh cool air and be kept clean as to his linen &c. Sometimes inflammation of the lungs, liver, &c. take place, then blistering over the part is proper.

The patient may drink freely of cool water in small draughts,

with a little lime juice, vinegar or any mild cooling acid in it. If the eruptions strike in suddenly, a table spoonfull or less of Bateman's drops or 20 or 30 drops of laudanum in warm tea must be given, or the patient put into the warm bath. Sometimes the patient sinks into a *typhus* state; then you must use wine and barks and the black tonic medicine, so as to keep up the tone or strength of the system.

### REMARKS ON BRUISES, WOUNDS, &c.

When a person is bruised by a fall from a horse, out of a tree, off a house, &c. by which he receives a general shock, it is a very common practice to draw a large portion of blood instantly, without regard to habit age, or circumstances. The object of this course is to produce an active circulation of the blood, this intention is good, but the practice is bad, and in many instances causes the death of the patient. We admit that the blood is in a stagnant state, and requires something to increase its action; but at the same time, the whole system & nerves are *paralysed* or weakened and they also require something to stimulate them. Then my *treatment* is to give some warm teas, or say hot weak toddy, or any thing of an innocent stimulating nature *internally*, which will rouse the whole system into equal action, and open the pores of the skin. If nothing can be taken by the mouth, rub the extremities or whole body with hot vinegar, camphor or spirits, or use the warm bath, and then wrapt in warm blankets, afterwards a gentle purge or two will be worth more than all the bleeding on earth. After a few hours, then if the pulse rises and becomes too full and hard, take blood suitable to strength &c. But where the patient is of very weak habit, no blood should be taken at any stage; because it only tends to sink and weaken the system; and suppose the blood and other fluids to be *bruised* and stagnated, it is much better to pass them off by sweating than by bleeding. And I will further remark that no person should be bled immediately after eating a hearty meal, because, while digestion is going on every energy is *roused* which is *overpowered* by drawing blood, to the great injury of the *digestive* organs, and general system.

*Wounds*—such as cuts in *general* &c. When a cut is made with a rough dull tool, or the flesh *mashed* and *torn*, the best application, on earth, if made instantly is *laudanum*. It stimulates the living parts of flesh, and enables them to disgorge their *vessels* of the *bruised* fluids, allays the irritable condition of the nerves, and thereby, in a short time gives perfect ease; which is soon followed by a healthy *suppuration* or discharge of matter.



This application must be made by wetting fine carded cotton in the laudanum; for I must here tell you for fear I forget it that fine soft clean cotton is the best application to any kind of a wound that requires lint, and it is strange that so many oppose the use of it—as pernicious to Wounds. I speak of its salutary effects on wounds not only from 10 or 12 years extensive experience of my own, but also from observation of the practice of Dr. Wright of Tenn. whose skill in wounds is well known not to be surpassed by any body, who says he has preferred the use of cotton for near 40 years! Thin soft bats of cotton laid on tender shins which have been long sore, and turned black, and the skin appears dead, will effect a cure of itself, by producing and keeping up a regular perspiration, and thus restoring healthy action to the parts. They should be worn for days or even weeks. After the laudanum has produced proper action in the wound, the dressing made of hickory bark, or spikenard root (see my materia medica) may be applied—or light poultices of milk and flour, with a little oil, milk or cream on the face of the poultice to keep it soft. When a wound of this kind becomes *indolent*, of long standing the *pitch or tar plaster*, made with tar alone or equal parts of it and beeswax, and worn constantly is the best remedy. It may be worn for months on old wounds and especially on the shins &c. it will enliven the wound, strengthen the part and give more relief than any thing that can be applied. If the patient be weak and debilitated he must *eat drink and wear* the best he can get! But this course of *starving and purging* persons to death to cure a little wound of a *chronic* character has always looked like a strange doctrine to me! It only aids the disease in prostrating the system and every hour renders the wound more and more *obstinate* and unhealthy.

The plan with me is to *invigorate* the system by giving a pill of the Black medicine morning and night the size of a large grape, or more, and a little wine or weak *toddy* or any *tonic* of the kind with the most nourishing diets. *Cuts*—made with sharp smooth clean tools should be closed *instantly* and tied up with nothing but the blood and cloths, this is the most natural and ready remedy; they heal immediately without any further trouble; but if there be any *extraneous matter* (which means any substance not congenial or natural to the flesh, such as *rust, dirt, &c.* the wound will not heal soundly till such matter is discharged.

If a wound of any kind becomes highly *inflamed* and produces a general state of fever, then low diets, and purgative

medicines must be used till that condition is changed: And if the wound is dry and painful from the general fever or inflammation the part must be frequently sweated or steamed over a vessel of boiled pine tops, cedar tops, horse mint, or any bitter or stimulating herbs will answer. This relaxes the part and causes the wound to discharge the *retained* matter which has been the cause of the pain. *Gun-shot wounds*.—It has so happened that I have attended a great number of them, with the best success. They are the worst of wounds, because the parts are *cut, bruised, and burnt*, making them of a three fold nature. When the wound is first inflicted, if the ball has passed thro' the body, or any of the limbs, take a piece of slippery elm bark, the inside, make it of proper size and length to pass thro', wet it in warm water, and round off the end, then introduce it into the wound, shove it on and it will penetrate and make its way thro' with little or no trouble. When you have found the way thro' either put a weak solution of the *vegetable caustic* on the piece of bark, or else fasten a fine strip of linen string of thread to the hind end of the bark and draw it through after the bark. This will stimulate, and make the wound throw out all the *bruised* or clotted blood, the powder, and every improper matter. After this keep a tent in the wound, with a light poultice, such as slippery elm, milk and flour, &c. large enough in circumference to cover all the inflamed parts. The tent must be drawn once or twice a day for the matter to run. If the wound be into the cavity of the body, do not try to heal it externally, but keep the tent in till you see it is done running from, and healing inside, then gradually draw the tent out more and more every day.

*Dislocations*.—When a joint is hard to put in place, apply cloths wrung out of water as hot as they can be borne on the joint, for 10, 15 or 20 minutes, which will so relax the part that when the limb is drawn to its *natural* position the head of the bone will almost fall into the *cavity* of itself.

*Fractures*.—Broken bones should not be tightly bandaged, it obstructs circulation of the fluids and deadens the parts. On the arm, splints pasteboards or leather must be applied from joint to joint. The leg or thigh laid in a box, secured by bats of cotton, and the foot kept nearly level, with the knee, and cold vinegar applied for a few days.

Wm. C. ...  
has ... to  
Circumstances ...  
the 11<sup>th</sup> day of  
Jan 1862 and ...  
the 18<sup>th</sup> day of Jan 1868  
Cervical 3 years 4 ...  
and 7 days

---

...  
C 32 11 51 ...





Wahleu Bill

WZ  
270  
5545  
1234

C.I

